



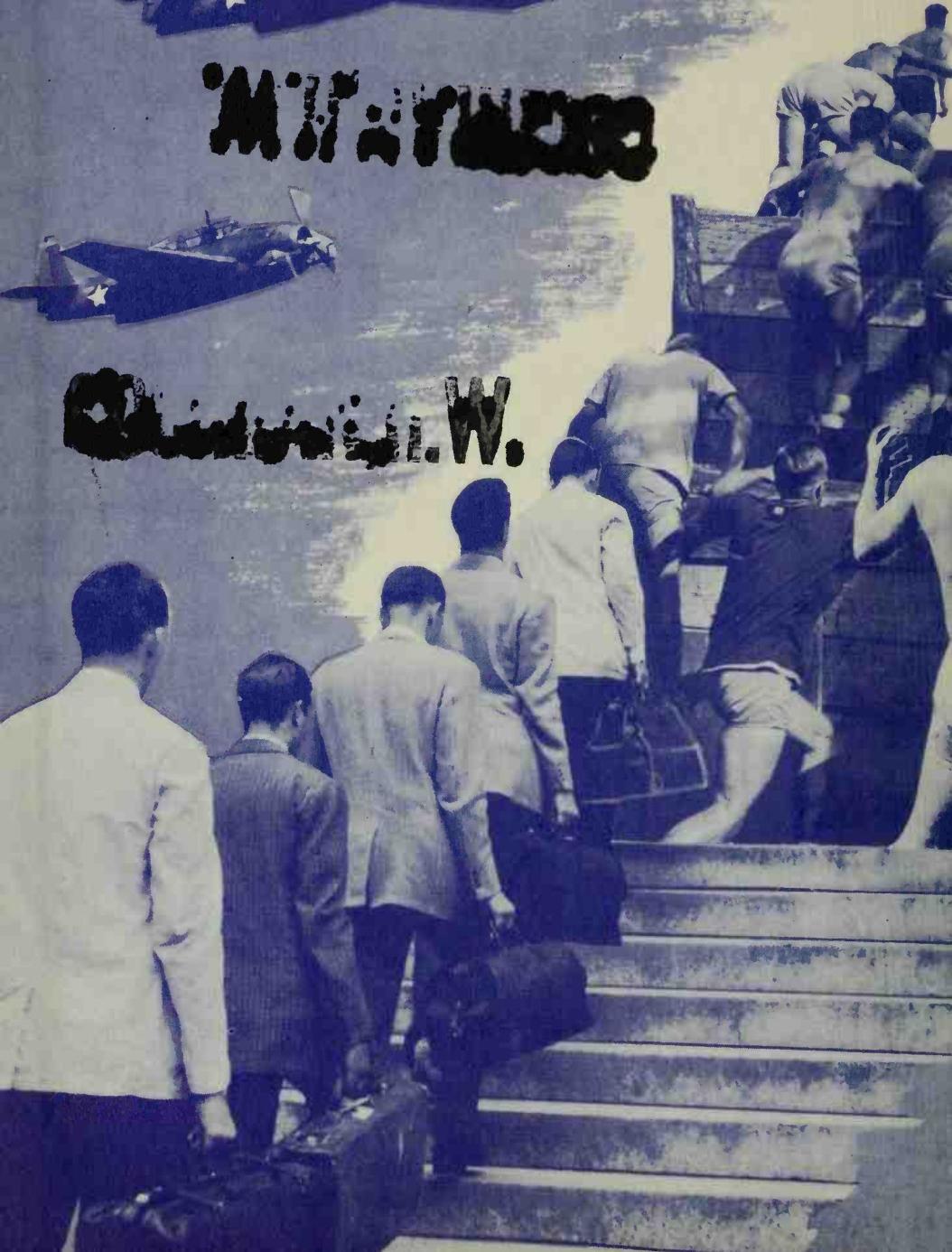
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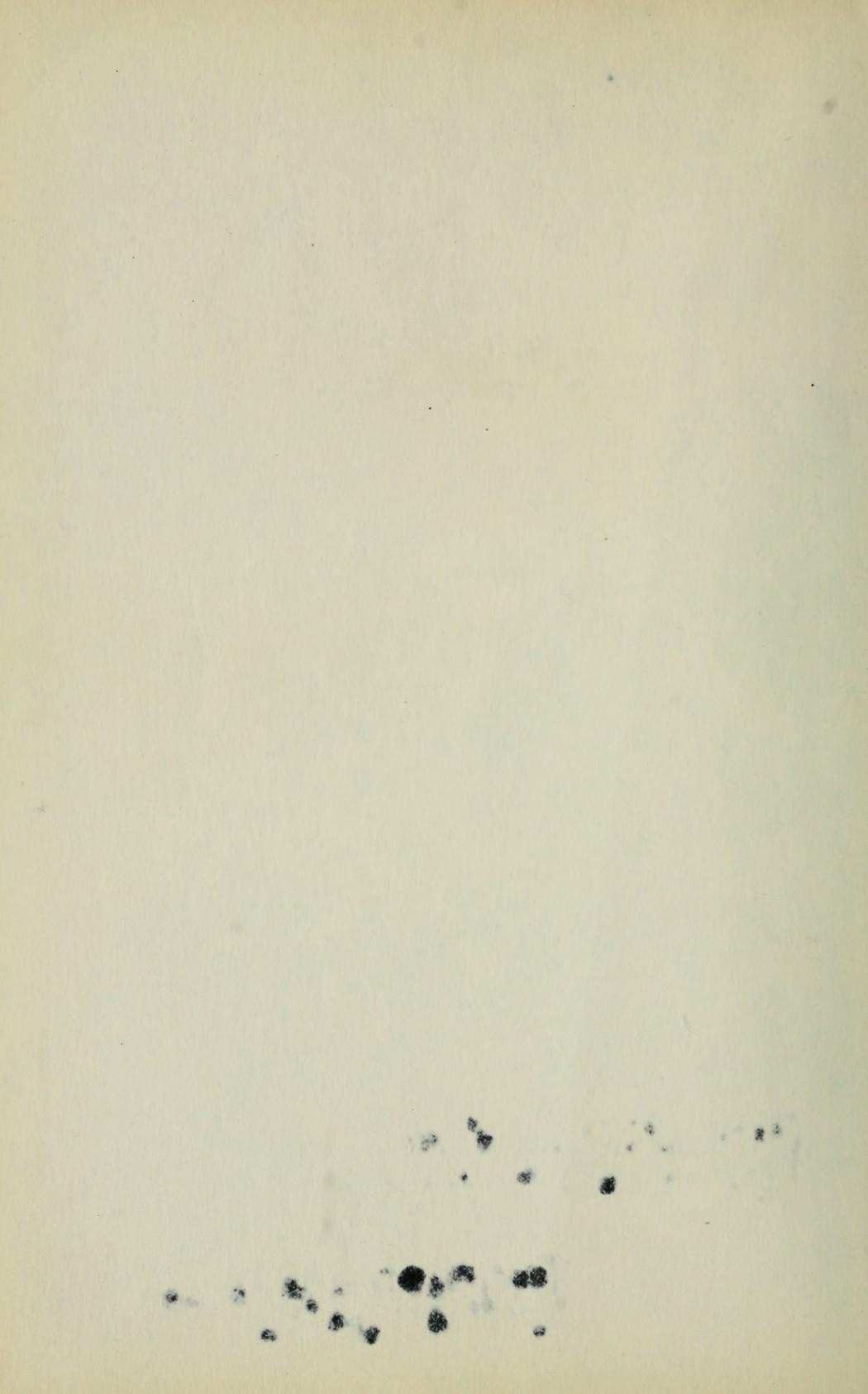
COCKTAIL W.





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**SOCER**

# The Naval Aviation Physical Training Manuals



HAND-TO-HAND COMBAT

BOXING

WRESTLING

FOOTBALL

SOCCER

BASKETBALL

GYMNASICS AND TUMBLING

SWIMMING

MASS EXERCISE, GAMES, TESTS

THE SPORTS PROGRAM

LABOR ENGINEERING

MILITARY TRACK



*The Naval Aviation Physical Training Manuals*

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# S O C C E R

*Issued by the*  
Aviation Training Division  
OFFICE OF THE CHIEF OF NAVAL OPERATIONS  
U. S. NAVY



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# Preface

SPORTS are used as a training device in the physical training program for Naval Aviation just as mathematics and physics are taught in the academic courses and ordnance and gunnery are employed in the military education of cadets. Physical training was made an integral part of the training plan and is continued progressively throughout the entire training of aviation cadets. Successful coaches were commissioned so that the Navy might have the best instruction available.

Each sport has definite objectives of its own, and, in addition, contributes to the over-all aims and purposes of Naval Aviation training. In such a program it is natural that at times experience may show better means of achieving the desired objectives. Initially, syllabi were prepared by the newly commissioned athletic officers to serve as guides in conducting the various sports and activities. While adhering closely to the original plans, the experience gained in teaching thousands of cadets in varying circumstances, has been a valuable supplement to the physical training program. The basic features of the original program, plus the results of a year of training, are now published in this series, *The Naval Aviation Physical Training Manuals*. These manuals have been prepared by and for the officers in charge of the physical training of Naval Aviation personnel.

In any consideration of the use of these manuals, it is important to understand that in the Naval Aviation program, sports are not used for their own sake or for recreational purposes. The competitive sports embodied in this program were selected for what they contribute to the development of desirable characteristics in the aviation cadet. It is for this reason that the books are unlike other sports publications. The manuals consider sports in the military training sense, in their conditioning values, both mental and physical.

The daily story of the war emphasizes again and again the fact that we are facing enemies who are careless of life because they are so steeped in a fanatical nationalism. The common rules of war mean nothing to a desperate enemy. It is our duty to train the cadets to be superior to that enemy, mentally and physically. Rigorous, tough, competitive sports offer an excellent medium to fulfill this mission. Records have proven that mental improvement of the cadets goes hand in hand with better physical condition.

It is the duty of each athletic officer, through observation and through the study of these manuals, to familiarize himself with all the sports and activities in this training program. At any time he may be assigned to instruct in any sport or he may be designated to administer a complete physical training program.

This manual has been prepared by the officers in charge of the instruction of Soccer in Naval Aviation.

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Director of Aviation Training  
Office of the Chief of Naval Operations, U. S. Navy

October, 1943



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# Introduction

THE AIM OF this book is to insure an orderly progression of instruction and a uniform development of soccer in the Naval Aviation Physical Training Program. It should coordinate the type of game played at all stages of the cadets' training to the end that cadets entering new training schools will be approximately on an equal plane of instruction. Since soccer has never been widely introduced in the United States, the over-all aim of this manual is to provide the athletic officers with usable drills and helpful coaching methods.

The first four chapters give a short history of soccer, name the values to be found in the sport, and describe the gear necessary for playing the game. Individual fundamentals and position play are included in the next three chapters, while the last three chapters are concerned with the team play of the three types of soccer games included in our program of training. In the appendix are found the drills, games and lessons to be used together with a statement of the objectives for the various stages of the cadets' training. The lessons are designed progressively and are so arranged that cadets may progress from the simple eight-man game to the International game without needless loss of time.

It is hoped that the material has been written clearly enough to enable any coach to efficiently carry on soccer in any of its phases or at any stage of training.



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**SOCER**



## CHAPTER I

# History of Soccer

The origin of soccer is difficult to trace. The ancient Greeks had a game called "Harpaston," wherein a ball was propelled by any possible means over lines which were usually at opposite ends of a town and were defended by the opposing teams. Throwing was probably the most commonly used method of advancing the ball, as the meaning of the word "Harpaston" is to hurl forward. The Romans adopted this game under the name of "Harpustum" and made of it a military sport for the training of warriors. The Romans limited the advancement of the ball to kicking it with the foot or striking it with the hand. It became very popular with the Roman warriors and all were urged to play it. "The popularity of this type of game probably prompted Martial, the court poet of Domitian, as early as 40 A.D. to advise all men and boys to play it."<sup>1</sup>

When the Romans invaded England they took this game with them, and it may be



that from this game our present sport had its origin. At least we do know that kicking games were in use throughout the ages; that soccer was not an invented game but one that went through a process of evolution. The name of football became attached to it either because it was a game played with the foot as a means of advancing the ball or because it was played on foot and not on horseback.

The early form of the game in England was mob football played by the common people. There were no limits as to how many players each side could use, and as the goals were often as far as a mile apart, the games usually lasted for hours. Games were played between one camp of soldiers and another, between the married men and the bachelors of a town, between parish and parish, and between trades. It became the feature attraction on all festival days and was looked forward to by the common people. Shrove Tuesday, or the Tuesday prior to the beginning of Lent,

<sup>1</sup> Coyer, Hubert E., *The Coaching of Soccer*; W. B. Saunders Co., 1937, p. 20.

became the great soccer football day in England. On this day vast crowds would turn out to play or watch the game. With so many players on a side and no rules enforced, the game was rough and led to many fights and injuries. This, together with the fact that the game became more popular with the soldiers than archery, led the rulers of England to outlaw the sport. In 1314 Edward II, in 1349 Edward III, in 1389 Richard II, in 1401 Henry IV, in 1504 Henry VIII, and in 1581 Queen Elizabeth all forbade the game to be played. Queen Elizabeth only ruled against it's being played in London, no doubt prompted by the damage it caused to the stores when played in the streets. The clergy objected to soccer's being played on Sunday and therefore were opposed to the game. The Scottish kings James I and James III ruled against the game. As it was a game of the common people, the aristocrats were opposed to it.

Football, or Soccer, in the olden times, found no place in the annals of knight-errantry, but it found a warm corner in the breasts of common people. Football was interdicted by Monarchs but it defied the law; it was fulminated against by prelates, but survived the onslaught; it was attacked by pens of the writers, but it has outlived them all.<sup>2</sup>



With the revival of athletics after the Puritan epoch soccer football came back with a tremendous surge. It was adopted and modified by the English schools to meet their limited space for exercise. This limitation of space plus the need for decreasing injuries lead to the evolution of the dribbling game of today. From the schools it spread to the colleges of Oxford and Cambridge. J. C. Thring in 1862 drew up the first set of rules, which were ten in number and are still a part of the International soccer rules although some have been modified. In 1863, at a meeting in London of representatives of various organized teams, the "Football Association" was formed. This association adopted Thring's code of rules. Teams playing under these rules became known as Association Football teams, and from this the name of the game gradually changed from football to association football. The shorter name of soccer, which probably originated from the players' wearing socks, is commonly used in this country to distinguish association football from American football.

From the British Isles the game spread to the other countries of Europe and to all the English colonies. Previous to 1930 forty Football Associations had been founded

<sup>2</sup> Jeffrey, Bill, *The Boys with the Educated Feet*; Burgess Publishing Co., 1933, p. 1.

in nations all over the globe. At the present time soccer is played in more than fifty-five countries, and it can be truly said that the sun never sets on the game of soccer. In most of these countries it is the national and most popular team game. Crowds of 100,000 or more people at a single match are not uncommon in the British Isles and South America. In 1904, the Federation Internationale de Football Association was formed in Paris for the purpose of governing the National Associations. One outcome of the Federation has been the unification of rules, so that now all countries play under the same code. It is possible for a traveling team to readily secure matches in any part of the world, as the game is played everywhere under the same rules.

Some form of soccer was being played in the American colleges as early as 1830, although the rules, if any, varied with different colleges. By 1860 many of the colleges along the Atlantic coast were playing soccer regularly and using about the same rules. In 1868, Rutgers and Princeton Universities formed a set of rules providing for 25 men on each team and six goals to constitute a game; i.e., the first team to score six goals should be declared the winning team. They specified also that the ball was to be kicked and not carried or thrown. The first intercollegiate game was played under these rules between teams representing Rutgers and Princeton at New Brunswick, N.J., on November 13, 1869. In this first game Rutgers was the first to score six goals and so won the game six to four. A week later in a return match Princeton won six to nothing.

Matches between other colleges were played during the succeeding years, but as each team had its own set of rules, there had to be compromises. Some of the colleges favored carrying the ball as well as kicking it (Rugby), while others were opposed to having the ball advanced by any other means than the feet (soccer). The mixup on rules and the bickering it caused between exponents of these two types of games led to the forming of the Intercollegiate Association Football (soccer) League in 1907. This association functioned until 1925. In 1926 an organization to take its place was formed and is now known as the Intercollegiate Soccer Football Association of America. It has a membership of about forty colleges and universities.

The United States Football Association was founded in 1913 and immediately affiliated itself with the Federation Internationale de Football Association, the Amateur Athletic Union of the United States, and the American Olympic Association. It has affiliated with it over thirty-three organizations and two hundred soccer leagues. Two nationwide competitions are held in the United States every year: the National Challenge Cup Competition, which is open to both amateur and professional teams, and the National Amateur Challenge Cup Competition, open to amateur teams only. Teams compete for these cups in elimination matches, and interest and competition are keen. Soccer referees have organizations of their own as a part of the United States Football Association.

The first organization of soccer coaches was formed in New York in January, 1941. It is known as the National Soccer Coaches Association of America and has for its purpose the promotion of the sport and the spreading of knowledge of the game among coaches.

## CHAPTER II

# The Value of Soccer to Naval Aviation

In soccer, *agility*, *coordination*, *balance* and *aggressiveness* are secured through playing the ball only, with the head, body and feet. In practically all other sports the player uses his legs and feet to balance his body while he uses his arms and hands or some such implement as a bat or racquet to manage the ball. In soccer the player must manage both his body and the ball with his legs and feet, and thus will develop a higher degree of balancing ability. *Agility* and *coordination* are developed by skillful dribbling, heading, and kicking.

*Endurance* is developed through the great amount of running demanded. It has been estimated that a soccer player playing a regulation game runs between 8 and 10 miles. General endurance, developed through such interesting running games as soccer, is a quality needed by the fighter aviator to enable him to return to his ship after the physical strain of a long flight and possible engagement with the enemy.

Success in battle depends upon certain factors, among which are the acquisition of a number of technical military skills plus the ability to carry them out under conditions which require the utmost in physical vigor, endurance and vitality. The participation in soccer and other games which stress intensity and duration will contribute greatly to the ultimate objective.<sup>1</sup>

*Confidence* and *initiative* are developed through the fact that soccer does not consist of a series of set plays as do many other sports, nor can the game be played or manipulated by the coach on the bench. Each player must make the play according to his own judgment and as a majority of the cadets have never played the game before, the situations are completely new to them. As the average number of plays in an intercollegiate game is more than sixty per player, initiative is given plenty of chance to develop through the meeting of these new situations and plays. Confidence is built up with the successful meeting of some of these plays.

*Speed* and the *ability to relax* are very important qualities that could be said to characterize a soccer player. Either the player is going somewhere at top speed or else he is relaxing so as to conserve his energy for the next burst of speed. Without the ability to relax, the player would not be able to last a regulation game in which there are no times-out allowed and substitutes are limited to five men. Commanders of carriers tell us that naval aviators must be taught to *relax* under any conditions and often the most trying ones. Lack of ability to relax tends to weaken the aviator both mentally and physically.

*Tenacity* and *perseverence* are the result of the player's forcing himself to carry on although he is tired and his body says quit. He must keep hustling his man after he has missed a tackle, and he must keep driving.

<sup>1</sup> The Official NCAA Soccer Guide, 1942, "The Place of Soccer in the Army Athletic Program," Brig. Gen. F. H. Osborn, p. 3.



PLATE 1. *Relaxation in actual game.*

*Self-control or discipline* is something that a cadet soon learns. It is necessary for him to remain cool and calculating or he becomes an easy victim of his opponent. The player must discipline himself to overcome his natural tendency to use his hands on the ball. Self-control must be exercised by the aviator to stay in formation although the temptation is great to leave it and alone attack the enemy. If the flier leaves his formation, a number of our aviators tell us, he not only weak-



PLATE 2. *Illegal use of hands.*

ens the formation, but also weakens the firing power of the formation and exposes his fellow fliers.

*Courage* and *aggressiveness* are developed by the body contact which exists throughout the game. It takes courage for the goalkeeper to go after a ball when others are kicking at it. It takes courage to get up off the ground time after time and still not shy when the time next comes to make body contact. Players soon learn that it hurts less to bump the other fellow than to be bumped by him, which tends to develop aggressiveness. These qualities lie dormant in many cadets because of the sheltered family life that they may have led.



PLATE 3. Example of over-enthusiastic play.

*Competitive spirit* and the *love of combat* are developed through the exhilaration that comes from contests played in the outdoors and composed of such natural skills as running, kicking, and matching wits and skill against an opponent. The desire to win for their team brings out these qualities.

*Loyalty* and *self-denial* are both outcomes of team play. Few soccer players care who scores so long as it is their team that scores. One of the reasons for this is that it takes the participation of so many players to place the ball in a scoring position that the final play of putting the ball in the goal is but the final act of a series of plays. That soccer is strictly a team game is evidenced by the many defeats that teams of star players have received at the hands of poorer players working smoothly as a team. Self-denial of the chance to "star" for the good of the team is necessary and is developed by strict maintenance of position.

*Anticipation*, *quick-thinking* and *timing* are developed through the rapid action of the game. Anticipation of the opponent's play is basic to defensive soccer, while anticipation of the moves of teammates plays an important part in perfecting offensive play. Quick thinking is necessary, for the ball often comes to a player at the same moment an opponent does, and there is only a split second in which to decide what particular play should be made. The timing of a kick, of a pass to a moving teammate, or of a jump to head the ball are all examples of difficult timing. They involve the judgment of the speed of the ball approaching, the speed

with which a cadet is traveling, the distance and speed that the ball should be passed, and the speed with which a teammate is traveling. Good depth perception is necessary to accomplish this successfully.

One of the good reasons for using soccer in the Naval Aviation Physical Training Program is its *adaptability*. The game can be adapted to any size of playing area available. While it is ordinarily played on a field slightly larger than a football field, still it can be played and has been played in such small areas as Madison Square Garden. If a smaller field is used, the number of players on a team is reduced, but the game itself remains the same. As few as five or six players on a side make a good game. It gives a vigorous "work out" in a short time, and many players can be accommodated in a small area. Soccer is adaptable in that it is played outdoors, and in all kinds of weather. Contrary to popular belief, it has been established in the Naval Aviation Physical Training Program that little practice of fundamentals is necessary in order to enjoy playing the game. While soccer is rough, is played without pads or other protection and is a body contact sport, it is not dangerous to life or limb. It is very unusual for a player to receive such a serious injury as a broken bone.

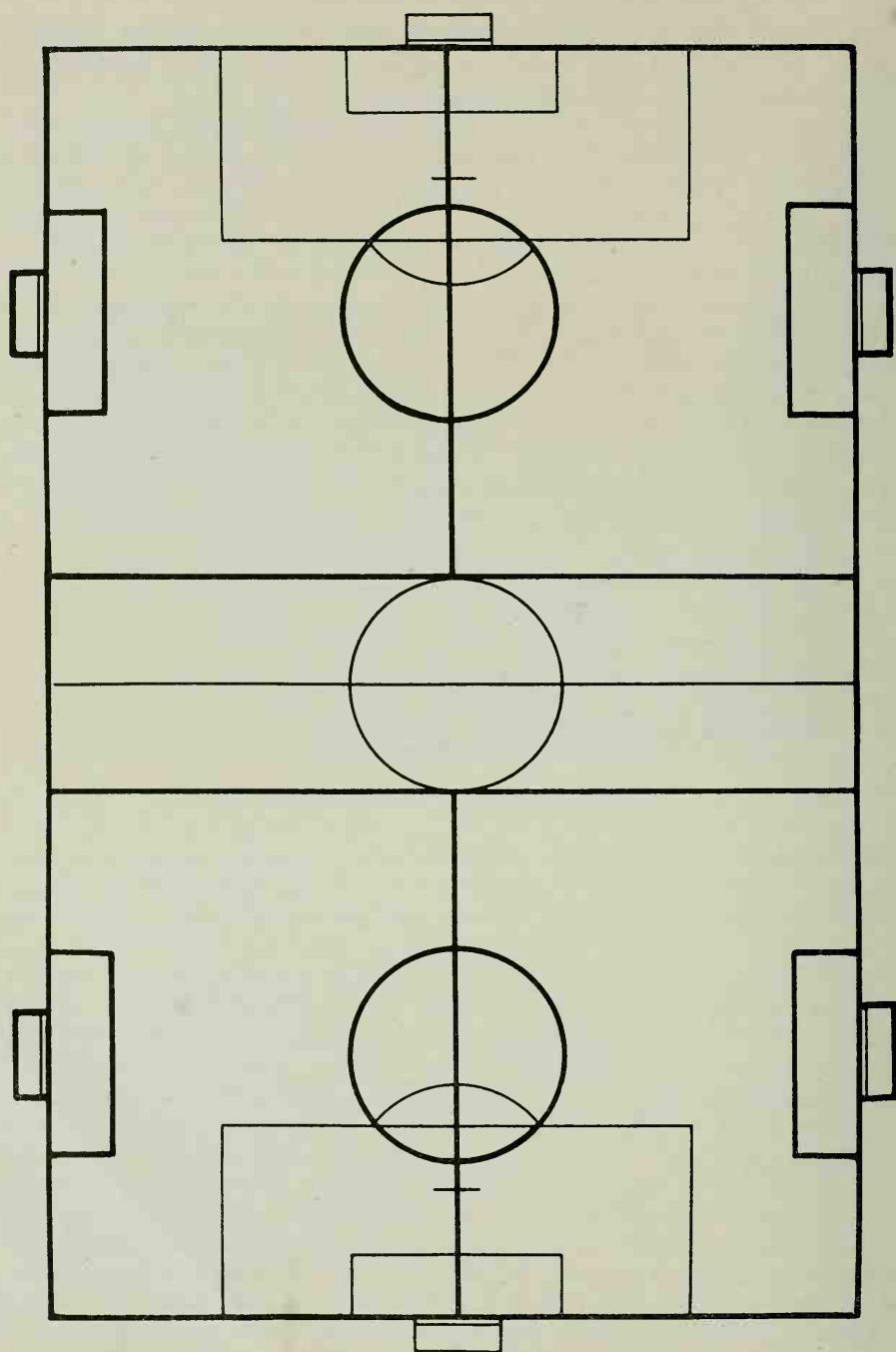


DIAGRAM 1. Two eight-man fields across one eleven-man field.

## CHAPTER III

# Facilities, Gear and Safety Suggestions

### FACILITIES

Facilities will be divided into two classes: (1) Those required for the playing of intercollegiate soccer, and (2) those needed for Naval Aviation soccer or class work. These two classes will be divided into ideal facilities and substitute facilities.

#### *Fields*

The ideal field for an intercollegiate game is either 120 yards by 75, or 110 by 65. The advantage of the bigger field is that it allows for more open play and demands more accurate passing and handling of the ball. The minimum dimensions of an intercollegiate field, according to rule, are 100 yards by 55 yards, but every effort should be made to get as near the maximum dimensions as possible. The ideal surface is a level and flat field of turf. Few stations or bases have this ideal field and so get along with what they have. The rules do not specify any particular surface. Markings of the field should be according to the diagram in the National Collegiate Soccer Guide. The lines should be marked with wet lime on a grass field and with dry lime on a dirt field. If it is necessary to use dry lime on turf it is best that it be marked out while the dew is still on the grass. Wet lime cannot be satisfactorily put on a dirt field if the dust is heavy or if the field is very wet.

For Naval Aviation eight-man soccer or for class work, fields may be arranged across the regulation soccer field.

To avoid a confusing number of white lines on the varsity field, the cross fields could be marked out with colored lime. Wet lime can be colored easily by adding powdered water color, which, is cheap, and adds little to the expense of maintaining the field.

#### *Goals*

Goals, according to intercollegiate rules, shall be made out of 4" x 4" or 4" x 5" wooden posts. Goal posts, may be made more durable by creosoting that part of the post which is set in the ground or by setting the posts in concrete. The ideal cross-bar may be secured by casing a 3" eye beam with wood, thus eliminating the sag that is often seen when all-wood cross-bars are used. The goals may be painted with white paint or with aluminum paint. Aluminum paint has the advantage of looking white and holding its color, while white paint has a tendency to lose its whiteness.

A suitable substitute for the cased steel cross-bar is made by bolting 2" x 5" planks together. If this is used it should be attached to the posts in such a way that from time to time it can be turned over to prevent too great a sag from develop-

ing. The goal nets should be supported by a pipe or wooden frame. A concave or a perpendicular net has the advantage that in practice the balls are easily retrieved from the net without the risk of tearing it.

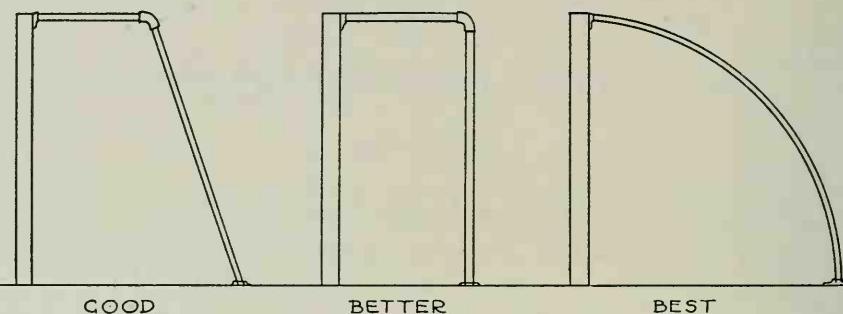


DIAGRAM 2. *Pipe net supports.*

The net should be fastened to the back of the uprights and cross-bar by means of hooks making it easy to put up or take down. Half-inch screw-eyes opened up to make a hook, placed twelve inches apart, make a very satisfactory arrangement. If a framework to hold a net is not possible the net may be pegged straight back or over a support.

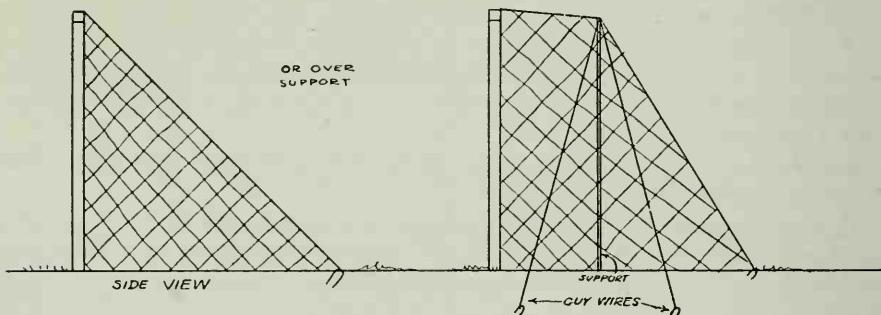


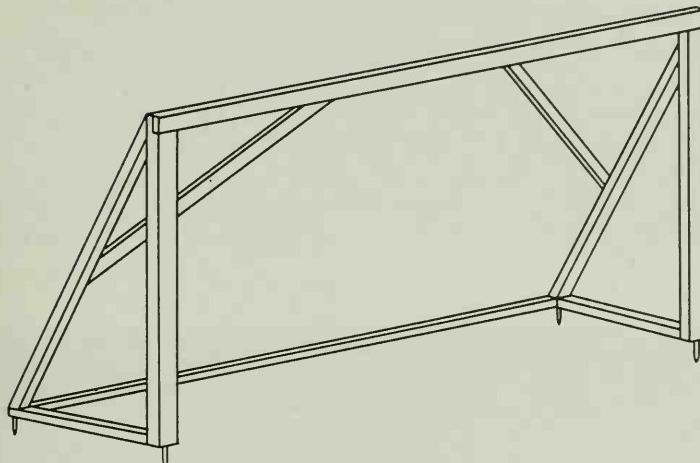
DIAGRAM 3. *Simple methods of supporting nets.*

When the net is pulled too tightly it gives resistance to the ball and is likely to tear.

Provided nets cannot be secured, it is better to use poultry wire than it is to play without any kind of net. At Naval Aviation Bases or for class work, makeshift goals may be made from light uprights, using a rope or sapling as a cross-bar and no nets.

### *Movable Goals*

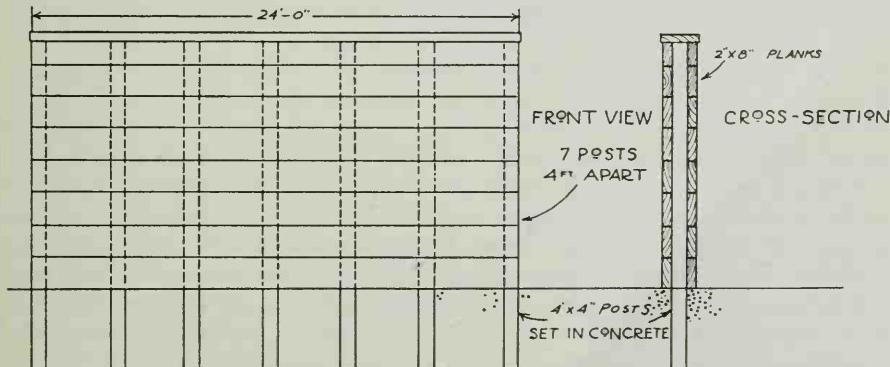
Movable goals should be made as light as possible so that they can be easily moved. The lightest material is wood. The next best material is two inch pipe. The disadvantage of pipe is that if it is bent, it is very difficult to straighten.

DIAGRAM 4. *Movable goal.*

The advantage of having movable goals is that they can be moved from place to place for practice; this saves the turf on the playing field and in front of the permanent goals. Another advantage is that they can be moved onto the regular field to make the regular field of the same dimensions as that of the opponents whom you next play away from home.

### **Corner Flags**

Corner flags should be set in sockets at the four corners of the field. These sockets may be made of 2 inch pipe, 12 inches or more in length, set flush with the ground. The staff holding the corner flag should be made of wood that is pliable. Wood that is brittle is likely to snap off if hit by a player, and the piece remaining in the ground may injure him. Old bamboo vaulting poles make good flag staffs. According to rules the flag-staff shall not be less than five feet high. A substitute which is acceptable is a sapling, or a spring such as is used to hold the corner flags on football fields. The flag itself should be of some bright color, of any shape, approximately two feet long and one foot wide, made of some light material so that it will fly away from the staff in the slightest breeze.

DIAGRAM 5. *Specifications of bounding board.*

### Bounding Boards

Bounding boards are a great help to the coach but are not absolutely necessary. Their advantage is that many types of kicks, games and targets can be used to stimulate the interest of the players. Where possible the bounding board should be so erected that it can be used from two sides. This will eliminate the time lost by chasing the balls that miss the bounding board. Those using the other side of the board may retrieve them. Where bounding boards must be placed on the edge of the field it is best to have them against a bank which will stop wild kicks.

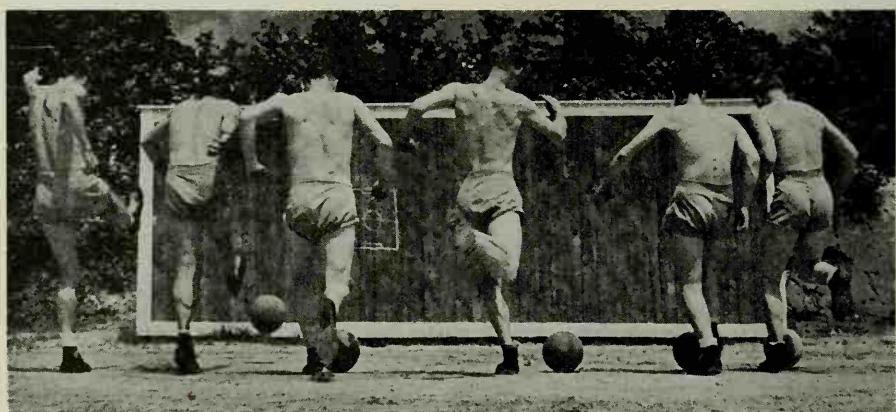


PLATE 4. Instep kicking practice on bounding boards.

### GEAR

The most important part of a player's equipment is his shoes. The uppers of the shoe should be of soft leather cut low in back to permit proper extension of the ankle. A low box toe on a shoe is much to be preferred to a high box toe. A shoe built with straps on the sides which will pull up tight to support the arch of the foot is a great help in making the shoe feel comfortable. Shoes with removable, screw-in cleats are easier to keep in repair than are shoes that have nailed-on cleats. Another advantage of the screw-in cleat is that it does not tear the sole of the shoe when it pulls out. Nail-on cleats damage the shoe by pulling off part of the sole when they are scuffed off. Bakelite and rubber cleats are much less dangerous than the nailed-on cleat. If the leather of the nailed on cleat becomes worn down, the nails protrude. In general, cloth laces are better than rawhide laces as they will not stretch or shrink as much with changes in the weather.

Provided the ideal shoe cannot be procured, a suitable, well-fitting substitute can be secured by soaking the soccer shoe. The method of doing this is to put on a pair of soccer shoes that feel small, lace them up fairly tight, and stand in hot water for fifteen or twenty minutes. The pressure of the foot against the inside of the shoe will cause the leather to shape itself to the form of the foot. The shoe should then be taken off, dried, and oiled to make the leather soft and pliable. A light soccer shoe is to be preferred to a heavy one as it tends to increase the

speed of the players. In Naval Aviation soccer because of the large numbers involved, rubber soled sneakers or basketball shoes are used and have been found to be satisfactory.

The next most important piece of equipment is the shin guard. The best type of shin guard is molded out of plastic and is in one piece. This type of shin guard will distribute the blow to the whole leg, whereas the reed type of shin guard will not. The shin guard should be equipped with web cross-straps on the inside to prevent the shin guard from coming into contact with the shin. Provided no shin guards are available some protection will be afforded by a substitute fashioned from a piece of a cardboard packing box.

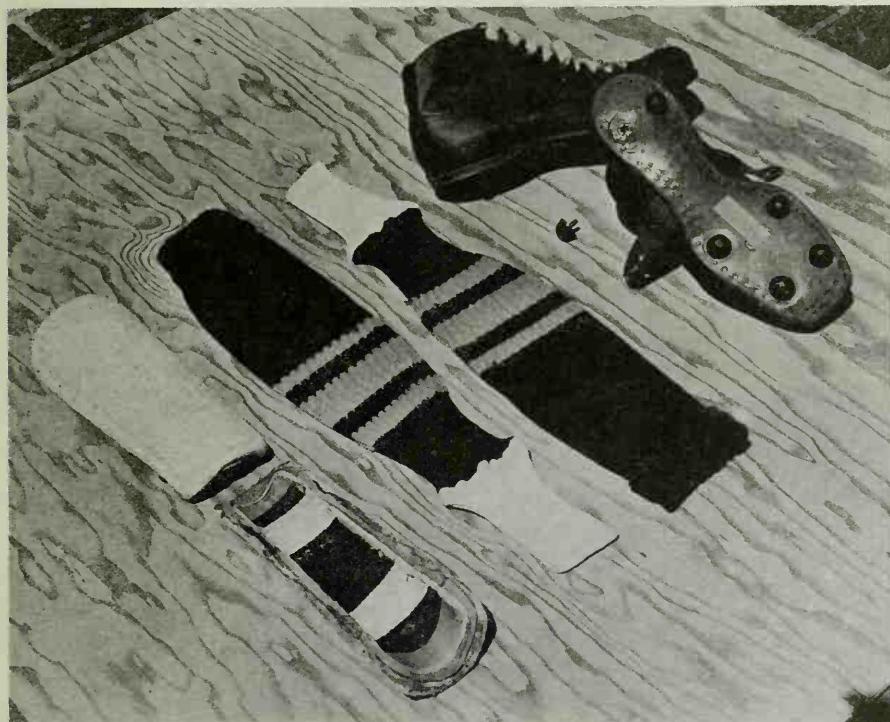


PLATE 5. Proper gear.

In order to allow for free circulation of the blood, the shin guard should be held in place by the stocking rather than tied around the leg with tape. A distinguishing band of color low on the stocking enables the players in the game to distinguish their own teammates without looking up. They should be woolen and also footless, for footless stockings are easier to keep clean and can be worn for a longer time than stockings with feet. A few long footless cotton stockings should be bought to wear under the woolen stockings by the players whose skin is irritated by wool.

Soccer balls have gone through such a rapid change in style that it is hard

to specify which is the more satisfactory type. The soccer ball that has a rubber valve and a lacer is easier to take care of, as new bladders can be inserted when the old one is damaged. Many coaches use a laceless ball and claim that it will hold its shape better. The leather in the ball should be soft. If it is necessary to buy a cheaper one, an unofficial rubber ball will answer the purpose for Naval Aviation and class soccer. It has the advantage that on a rainy day it will not get heavy, and will stand a lot of abuse.

The above named equipment is the most important and is all that is absolutely required for intercollegiate soccer. Some of the gear that is nice to have but is not absolutely necessary are:

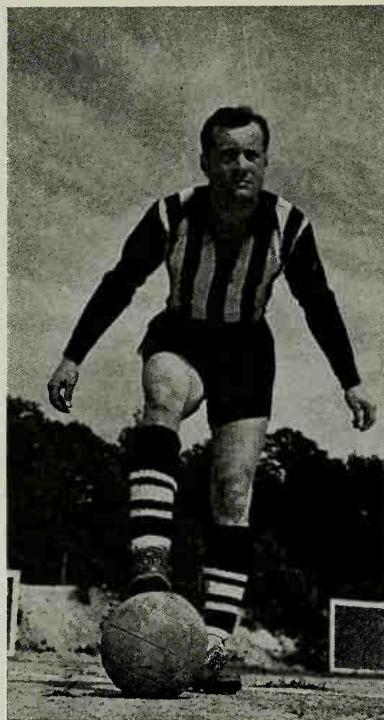


PLATE 6. Soccer player dressed for action.

*Soccer shorts* should have a bell shaped bottom in the leg to allow for freedom of movement and should extend at least half way from the hip to the knee. An elastic waist allows the trunk muscles freedom of movement and is superior to any belt.

*Soccer jerseys* may be made of light worsted with full sleeves and a collar, with vertical contrasting stripes, fastened in front with a zipper or laced with tape. The goalkeeper should wear a jersey that is distinctly different from the team shirt, in order that the referee can easily distinguish the one allowed to handle the ball.

*A baseball cap* to shade the goalkeeper's eyes when playing against the sun.

*A portable blackboard or miniature field board for lecture and discussion.*

*First Aid kit.*

*A shrill referee's whistle, a timer's horn, and a timer that can be stopped and started again.*

*Wire brushes for cleaning mud from shoes and balls. Oil and a ball cleaner for cleaning shoes and balls. Shoe lasts and shoemaker's hammer and pliers if leather cleats are used.*

*The equipment for Naval Aviation soccer or class work is very simple. Gym suits and basketball shoes are all that is necessary. Reversible jerseys with contrasting colors make it easy to distinguish the teams. Provided these are not available, colored sleeveless shirts of a bright color pulled over the regular gym jersey will serve this purpose.*

### **Care of Soccer Balls**

Soccer balls will last longer if they are given good care. If the leather cover looks dry, it should be washed with saddle soap and have applied to it a light, uniform coat of water-proofing. If the balls have been used on a wet day, the mud should be removed and the balls properly inflated before they are allowed to dry. The balls should be inflated to twelve pounds as required by the rules. At the close of the season the balls that are in good condition should be deflated to about half normal pressure and stored where they will not become folded or crushed. The balls that are in poor condition should be sent to some reliable cleaning company for repairs, reconditioning and new bladders. There are many firms that do this work excellently and it is much cheaper to have the balls reconditioned than to buy new ones.

## **SAFETY SUGGESTIONS**

*Shoes properly laced.*—The shoe should be laced firmly to the foot, and if the shoe has no support for the instep, the shoe laces should be wrapped around the instep and then tied behind the ankle.

All cleats should be on the shoes and in good condition.

Players with weak ankles should have them taped or wrapped. Care should be exercised in the taping so as not to interfere with the extension of the foot.

There should be no metal ends on the laces that close the neck of the jersey. These metal ends are likely to fly up and injure the player's eye while he is running.

On a cold day olive oil rubbed on a player's legs will help to keep them from becoming cold and will help eliminate the danger of strained muscles. The players on the bench should be equipped with sweat pants and hoods.

A preparation to toughen the skin on the bottom of the feet should be used during the first few weeks of practice. This will help to eliminate blisters. As a good many blisters occur on the back of the heel because of the stiffness of the shoe, it is well to run a strip of adhesive tape up the back of the heel as a preventive measure. A good many soccer players like to use two pairs of socks, which will also help to prevent blisters.

Other factors which may be classed as safety measures are:

1. A well-controlled and well-officiated game.
2. Making the players report to the trainer all blisters, scratches and bruises.
3. Shin guards.
4. Metal cup supporters.
5. Cleared area beyond the edges of the field.
6. No holes in the field.

## CHAPTER IV

# Warm-up Periods

In general the purpose of a warm-up period before instruction or a game, is to increase the circulation of blood, and to increase the suppleness of the body so as to insure maximum freedom of motion in the joints.

There are two methods which may be used to warm-up the players.

### *Warm-up Period Before Instruction*

The first of these is mass exercises. Their advantage is that each player on the squad gets the same amount of exercise and the coach can be sure that all are warmed-up. The best exercises to use would be those of the following types, as they accomplish more than one purpose:

*Exercises to strengthen the abdominal muscles.*—These muscles are used in kicking and are more often under-developed than well-developed.

1. Lie on back and lift trunk or legs.
2. Crouch sitting to stoop falling.
3. Walking on all fours (hands and feet).

*Exercises that will stretch the ham strings.*—These muscles are used in running and if not stretched tend to limit the action of the knee joint.

1. Trunk bending forward from wide stride position with knees straight.
2. Sitting in a hurdle position and reaching for the forward leg with the opposite arm.
3. High kicking.

*Exercises that will strengthen the arms, neck, and shoulder muscles.*—The arm and shoulder muscles are used in running and throwing, and the neck muscles in heading.

1. Push-ups.
2. Head stand.
3. Lying on stomach with arms and legs raised backward and rocking back and forth.

*Exercises that will teach falling in a relaxed and proper way.*—The player that is knocked down will seldom be injured if he knows how to relax when falling.

1. Forward roll.
2. Forward roll over one shoulder.
3. Backward rolls.

Mass exercises should not be prolonged beyond the purpose of the warm-up period, or to the point where fatigue sets in. If the players are to receive the utmost value from them, they must be told why the exercises are given. In other words, they must understand the value of these exercises.

The second is by using the practice of fundamentals to warm-up. As the prac-

tice of skills without opposition is a mild form of exercise, it can be used without danger of straining muscles or pulling tendons.

1. Give fundamentals to practice, such as head, pass on run, head and trap, dribble, halves thrown in forwards' trap.

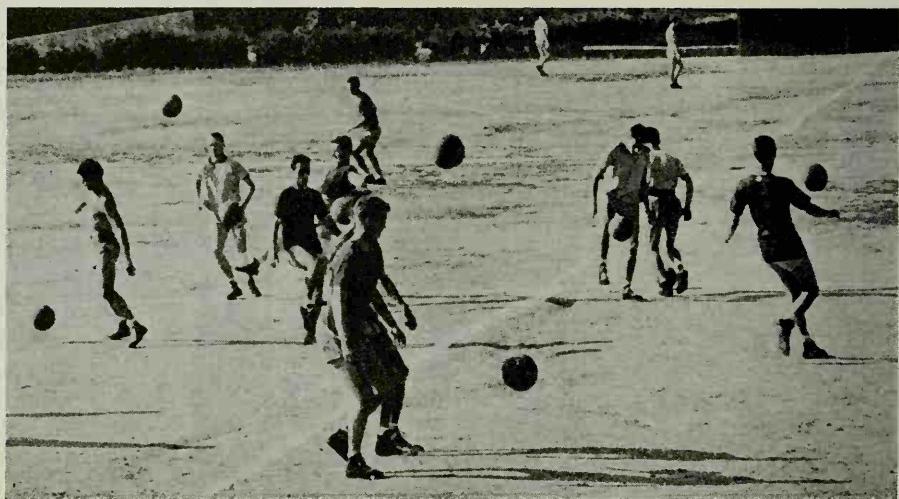
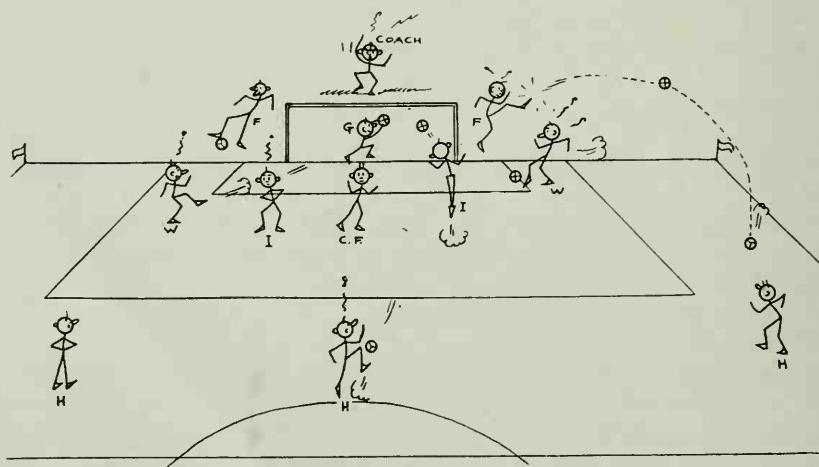


PLATE 7. *Warm-up.*

2. Ball control drill. The ball control drill consists of trying to keep the ball in the air by playing it after each bounce. Its primary function is to loosen the ankle and develop facility in handling the ball with either foot.

3. Mass warm-up drill.



Goal tender retrieves each ball from net and punts or throws toward center of field. Fullbacks retrieve each ball that miss goal. Halfbacks trap ball, then either (1) set the ball up for a place kick or pass, (2) take a short dribble and set ball up or pass or, (3) cause ball to bounce so as to practice a pass or set-up from a volley or half-volley.

Have the halfbacks call out the name of the player he is passing to before he makes the pass, otherwise the back may merely be kicking the ball in an aimless fashion and not trying to place it.

If the coach stands behind the goal net he is in a safe position with all players in front of him. From here he can easily call out mistakes and make corrections.

### *Warm-up Period Before a Game*

The warm-up before a game should be planned by the coach. The team should be instructed in the things which they are to do. The drill illustrated in Fig. 1 may be used as a practice warm-up. Each man should also practice the special duties which he is called upon to perform in the game, such as:

1. Wings taking corner kicks.
2. Center forward taking penalty kicks.
3. Halfbacks throwing the ball.
4. Goal keeper advancing the ball and dodging.
5. Fullbacks taking goal kicks.

When the game warm-up period is not planned, the team will usually all shoot goals or mill around in aimless fashion.

## CHAPTER V

# Individual Fundamentals

Place a beginner and your best man side by side and look at them. They may be the same height and weight, have the same intelligence, speed, endurance and agility, have the same knowledge of the game, and yet as players they are not equal. One is a good player and the other is a poor player, because of their unequal ability to control the ball.

Ball control is the ability to get the ball in your possession and to do with it exactly as you desire without loss of time or motion. Ball control is the finished product, the completed whole, and is composed of many skills.

The purpose of this chapter is to set forth the "form" of the many skills, which, when all combined, are summed up in the term "ball control." There is a certain method of performing specific skills, which is known as "form." Form could be defined as the popular opinion of experts based upon body mechanics and the manner which seems to produce the best results in the majority of cases. However, it does not take into consideration the fact that individuals differ one from the other. If a player can produce results with an unorthodox form, there is no reason to attempt to change his style to meet the standard pattern.

The first step in teaching a skill is to present it in the proper form. This standard method of performing a skill could be called the pure fundamental, as no factors other than the simple movements are involved. In presenting a new skill the coach should give the cadets a mental image of how it is performed. This can be done by means of pictures, diagrams, word descriptions and demonstrations. If the coach is

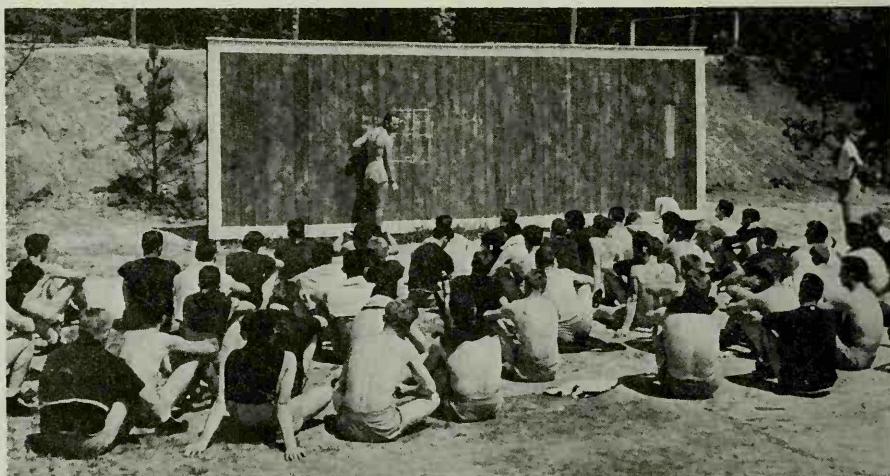


PLATE 8. Chalk talk.

to demonstrate it, he should do so in slow motion, for this will give the cadets a clearer picture of the technique involved. A coach should never try to demonstrate a fundamental with speed or against opposition unless he is certain that he can do it better than any player on the squad. The next step in presenting a fundamental is to explain its importance and relationship to the game as a whole. The coach may stress its importance by relating experiences of its use in actual game situations and how expert skill resulted in winning games. If the cadets realize its value, they will try hard to acquire the skill.

The second step is to practice the fundamental. The players should go through the motions involved in slow motion until they have mastered the correct form. The skill is then practiced with increasing speed, always being sure that correct form accompanies the accelerated movement. The coach should allow the player to learn as rapidly as his ability permits.

As a skill is not learned until it becomes the player's habit in a game, the third step is to teach this fundamental in an actual game situation. The coach should have the player practice when and where to use the skill by setting up situations which will arise in a game and will call for its use. These situations will usually call for opposition. The opposition should at first be as little as possible and gradually be increased to the point where the opposition is strong and aggressive.

Everyone realizes that while "practice makes perfect" it is more fun to play the game than to practice the fundamentals, and that continuous practice of skills gets monotonous after the skill is almost mastered or the newness of it has worn off. Lack of player interest in fundamentals is one of the things that all coaches contend with at some time or other. To keep player interest at a high peak the skills to be reviewed may be camouflaged by using them in competitive drills or games.

Most kicks are supposed to be made to a teammate; therefore, they are potentially all passes. As long kicks provide the opponents with a good chance for interception, which short kicks do not, they might or might not be passes. In this chapter kicks for whatever purpose they are used will be classed as long and short kicks.

## LONG KICKS

Probably the most important kick of all, and certainly the hardest to coach and to learn, is the instep kick. Without some skill in using this kick a player is of little value to his team. Players could almost be rated as to their value to the team by their ability to make instep kicks. There are two variations from the simple instep kick; the outside-of-the-foot kick and the pivot instep kick.

### *Simple Instep Kick*

Place the non-kicking foot alongside the ball. Swing the kicking leg forward from the hip and at the same time bend the knee so that the heel is well back. When the knee comes in line with the ball and the eye, straighten the leg. The top of the instep or shoelace should meet the ball, the toe being extended or pointed downward. The body should be over the ball. The power of the kick comes from the knee joint, not the hip, and is almost in direct relationship to the preparatory bend of the knee. The muscles of the leg should be relaxed until the kick is started, and the ankle at the moment of impact with the ball. The toe does not come into contact with the ball. A simple instep kick will have a backspin and will remain low in flight.

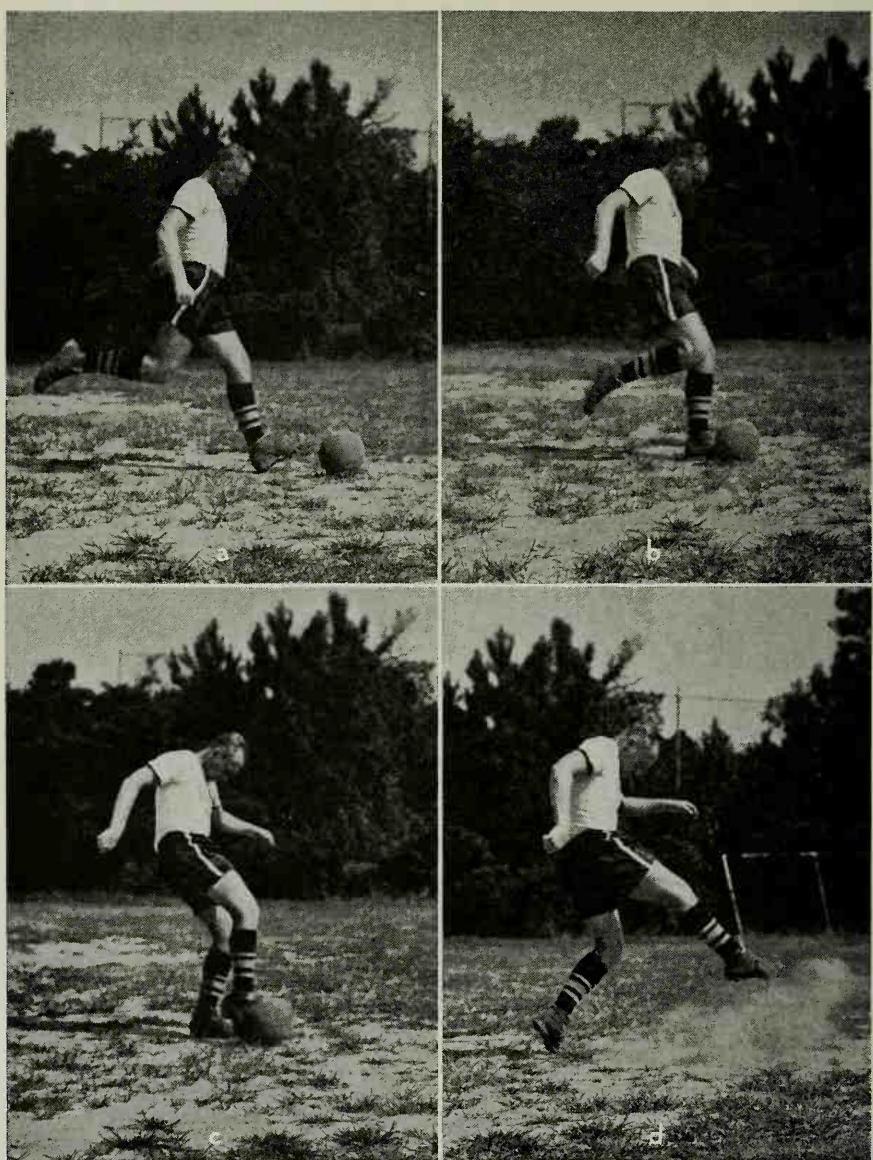


PLATE 9. Simple Instep Kick. (a) Jump to non-kicking foot; (b) Non-kicking foot side of ball; (c) Eye, knee and ball in line at moment of contact; (d) Follow through of leg and body.

*Stress:*

- Kicking leg relaxed.
- Knee pointed forward.
- Body over the ball.
- Ankle relaxed.
- Eye on ball—very important.
- Jump to non-kicking foot as other leg swings into position for the kick. Have player practice the jump without a ball.

*Uses:*

- On a still (non-moving) ball such as goal, penalty, and free kicks, where a long, low ball is desired.
- When ball is coming toward you and you desire to return it in the same direction.
- When a ball is approaching from behind and you wish to keep it going in the same direction.
- When shooting for a goal.
- When ball is rolling along in front of you and going in the same direction.

***Outside of Foot Kick***

The kick is made in the same manner as the simple instep kick except that the toe of the kicking foot is turned in. The ball meets the foot about on the small toe. When



PLATE 10. *Instep kick with outside of foot. (Note: the foot is turned in to meet the ball about on the small toe.)*

the right foot is used for kicking, the ball may be met slightly to the left of or on the center axis. When the kick is mastered, it will result in a fast, low curved ball with a sideward spin.

*Stress:*

Kicking leg relaxed.  
 Knee pointed forward.  
 Body over the ball.  
 Ankle relaxed.  
 Eye on ball.

Jump to non-kicking foot as other leg swings into position for the kick. Have the player practice without a ball.

*Uses:*

In place of simple instep kick.  
 To kick the ball on other than the center axis.  
 In shooting for goal by the center or inside forwards.  
 On corner kicks by the right wing with right foot to curve ball toward the goal or with left foot to curve ball away from the goal.  
 By left wing on corner kicks with reverse results.

***Pivot Instep Kick***

The non-kicking foot should be placed from twelve to eighteen inches behind the ball and to the same side of the ball as the direction in which it is to be kicked. The action of the kicking leg is the same as for the simple instep kick, except that from the hip the leg is swung in a circular sweeping motion. The body should lean slightly backward and in the direction in which the ball is to be kicked. The more the body leans, the nearer to the ball the non-kicking foot should be placed. The body pivots on the non-kicking toe from the time that the foot meets the ball until the ball leaves the foot in the new direction. The ball will normally follow the direction in which the kicking foot points at the end of the follow through.

The technique of the instep kick and its two variations has been described for the low, hard kick. It is not always desirable to make a kick of this kind, as there are times when the ball should be lofted over the opponent's head. This can be done with the simple instep kick or the outside-of-the-foot kick by meeting the ball in front of, rather than under the body. A like result can be accomplished with the pivot kick by meeting the ball under its center and nearer the toe of the shoe. If the ball is being topped, the non-kicking foot is being placed too near the ball or the body is not leaning. If the ball is hitting on the inside of the foot, the knee is being turned out or is not following the body on the pivot.

*Stress:*

Kicking leg relaxed.  
 Eye on ball.  
 Lean forward to keep the ball low.  
 Lean backward to loft the ball.  
 Foot cupped around the ball.  
 Jump to non-kicking foot as other leg swings into kicking position.  
 Do not run around the ball.  
 Place the non-kicking foot to the side of the ball.

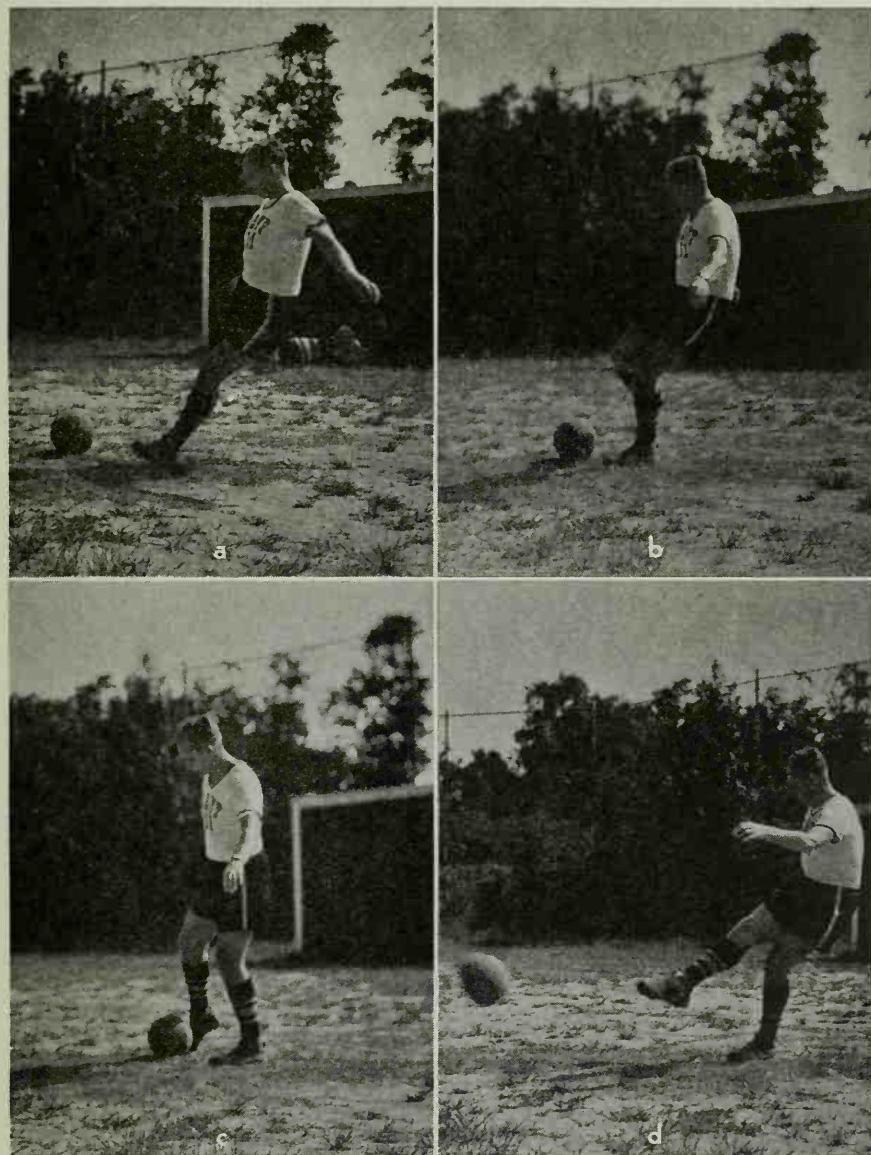


PLATE 11. Pivot Instep Kick: (a) Body leaning in direction ball is to be kicked; (b) Foot swinging in short arc; (c) Pivot starts as foot meets ball; (d) Follow through well balanced.

*Uses:*

To kick a ball on the side axis so as to send it in a direction other than that in which it is coming.

On corner, penalty, and free kicks.

To center the ball.

For long passes (over 15 yards).

For long or short shots at the goal.

**Volley Kick**

To volley-kick a ball is to kick it while it is in the air either before or after it bounces. The leg is swung from the hip, but the power of the kick comes from the knee joint and the follow through of the body. The ball is hit with the instep. The success of the kick depends almost entirely upon keeping the eye on the ball until it

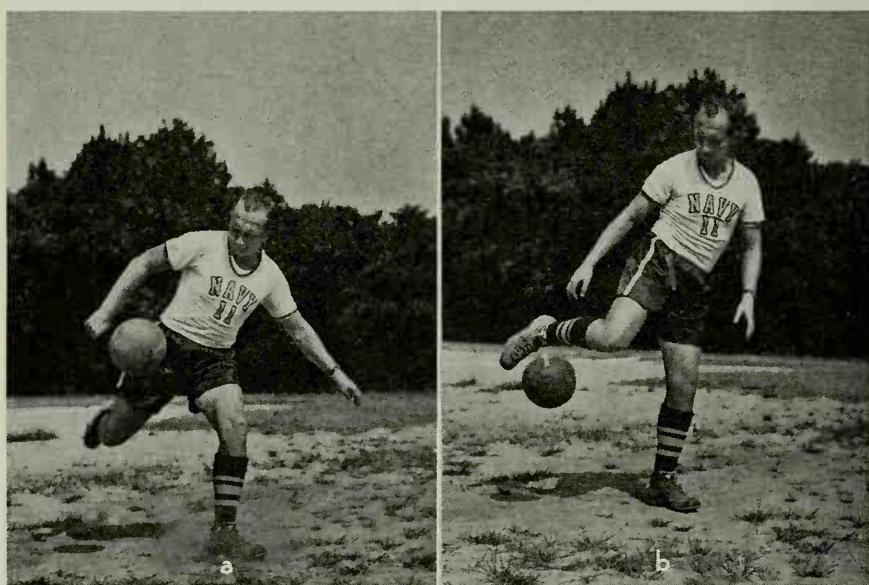
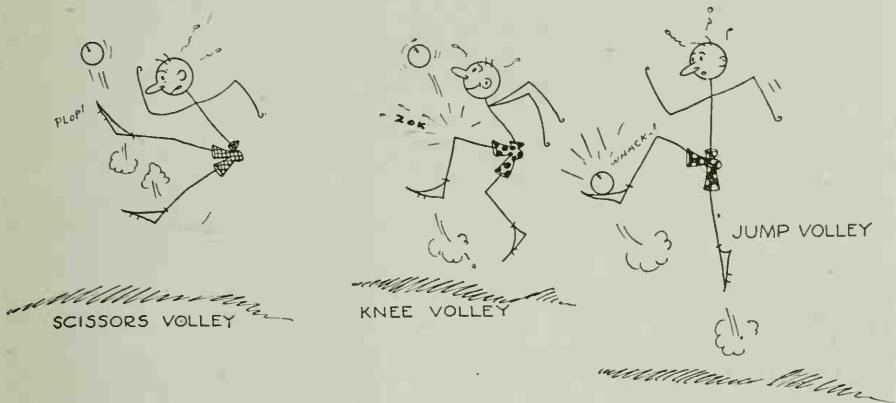


PLATE 12. *Volley Kick: (a) Leg swinging forward to bring knee over ball; (b) Knee over ball as kick starts.*

meets the foot. The player should keep his eyes on the foot after the kick is made to get in the habit of watching the foot meet the ball. If the ball is to be kept low, it must be met as it nears the ground. A ball met waist high will be skied. Beginners have a tendency to get into position for the kick too soon, and consequently misjudge the flight of the ball. The player must be ready to change his stance until the last second. If shooting for goal, get the knee over the ball before straightening the leg. To get a long kick put the body into it by pushing off the non-kicking foot.

In an emergency the knee may be used to volley the ball. The weakness of the knee kick is that the ball is usually skied and not much power can be imparted. If the player finds himself in such a predicament, i.e., that the ball is coming too high for

him to use the volley kick, he can overcome this by means of a jump-volley kick, which is a better kick than the knee-kick. It consists of jumping into the air off both feet and making the volley kick from this position. A hitch-kick may be used instead of a volley-kick and will give more distance. It consists of a jump with a scissors movement of the legs in front of the body. The non-kicking leg is swung into the air to aid the body in getting height. The legs are then quickly reversed as the kicking leg meets the ball. If used with players near, it is a *dangerous play* and a foul. For this reason many coaches discourage its use.



The hardest ball to volley is the bouncing ball. Because of irregularities of the field, the ball may not bounce true, making it very difficult for the player to time his kick. If he kicks the ball as it is ascending, invariably it will be skied. He should meet it as it descends and preferably a few inches off the ground to obtain a low flight. The player should judge the bounce of the ball and then go in fast to make the kick.

#### *Stress:*

Watch the ball until it meets the foot.

Get the knee over the ball.

Wait until the last minute to get set for the kick.

Keep the body well balanced.

#### *Uses:*

To kick a ball on its under side.

To shoot for goal.

By backs to set the ball up in front of goal.

To clear the goal.

#### *Half-Volley Kick (Drop-Kick Goalkeeper)*

When a ball is kicked the instant after it hits the ground, it is called a half-volley kick. The ball is hit with an instep kick and results in a long, low ball.

*Stress:*

Kicking leg relaxed.  
 Knee pointed forward.  
 Body over the ball.  
 Ankle relaxed.  
 Eye on ball.  
 Emphasize eye on ball until foot makes contact.

*Uses:*

By goalkeeper as it is a better kick than the punt because of its lower flight.  
 By backs to clear goal or set up ball in front of opponent's goal.  
 By forwards on bounding balls to shoot for goal or make long passes.

*Over-Head Kick (Long)*

The non-kicking foot is placed almost at leg's reach distance from the ball. The kicking foot meets the ball with the instep. The toe of the foot is flexed as soon as the foot meets the ball and remains flexed on the follow-through. The body leans backward away from the ball, enabling the leg to come through higher and removing the possibility of the player's own body blocking the kick. The leg is almost straight at the time the foot meets the ball.

*Stress:*

Eye on ball until the foot meets it.  
 Lean away from ball.  
 Toe flexed.

*Uses (when ball is in air):*

By any player to send ball in opposite direction from which he is facing.  
 By backs to gain time in which to organize their defense, when the ball has been played over their heads and is bouncing toward their goal. In this case the placement of the ball is not so important as the power of the kick.

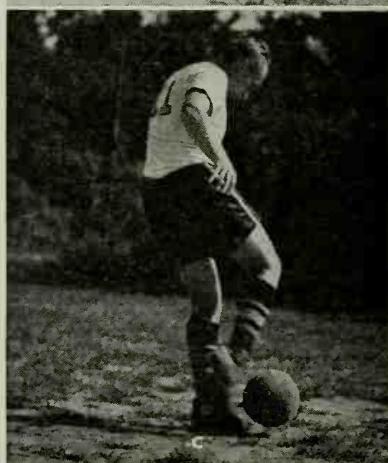
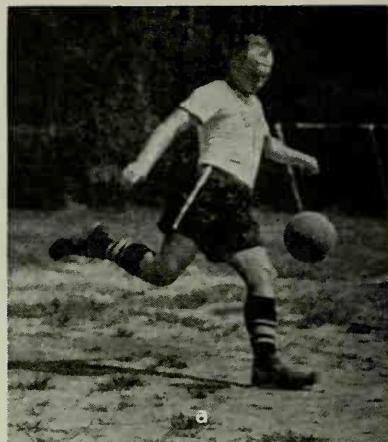


PLATE 13. Half Volley Kick: (a) Eye on ball; (b) Body forward and well balanced; (c) Ball is met under the body.

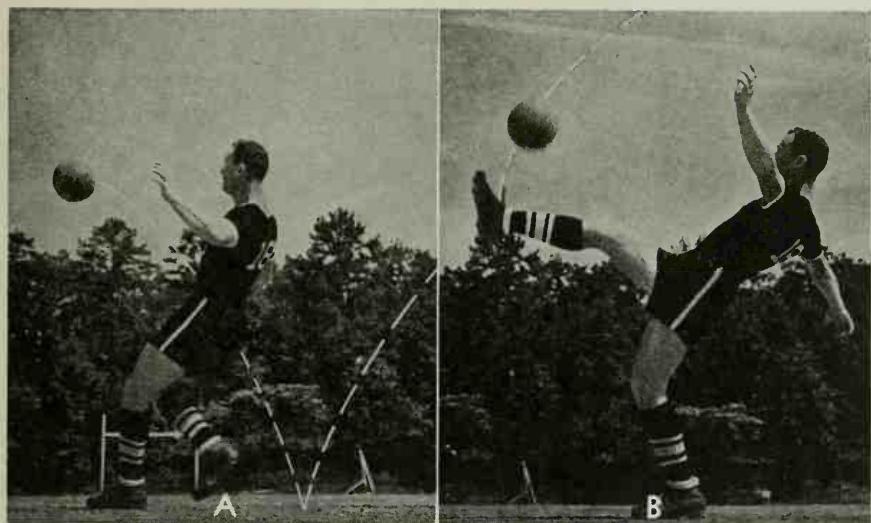


PLATE 14. *Long Overhead Kick:* (a) Illustrates the non-kicking foot is leg's distance from the ball, the body is balanced and the knee is bent; (b) Body leans backward and the toe is flexed on follow through.

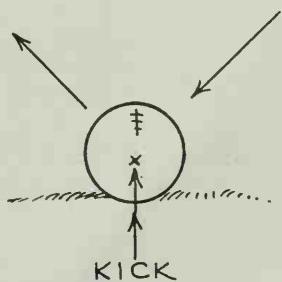
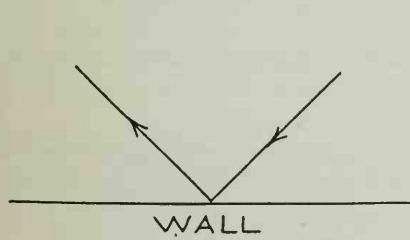
### Punt

See goalkeeper's skills.

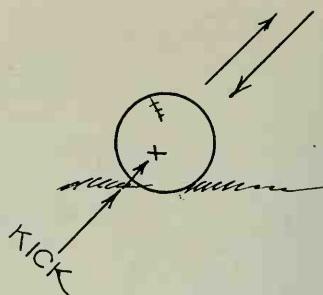
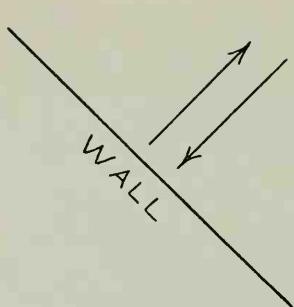
### Choosing the Kick

It is difficult for beginning players to choose the correct type of kick to use unless the coach points out to them the principle of the angle of rebounce. Use a wall to demonstrate the principle of the angle rebound of the ball. By throwing a ball against the wall, the coach can give the players a clear picture of where the ball will go when it hits or is kicked on its horizontal axis.

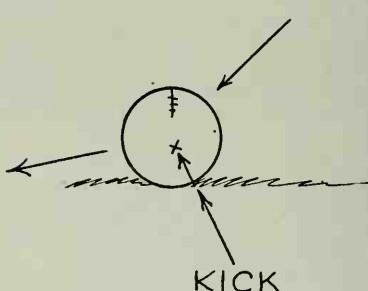
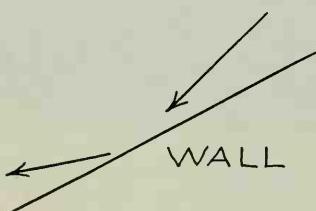
*For example:*



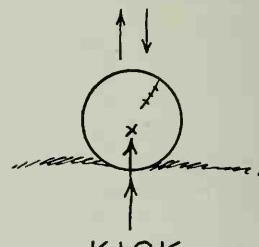
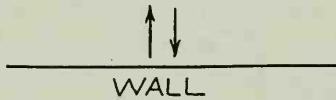
A ball coming from the right, if kicked on its center axis, will go to the left, as the foot acts the same as a wall.



If a ball is kicked on its left axis, it will rebound to the right.

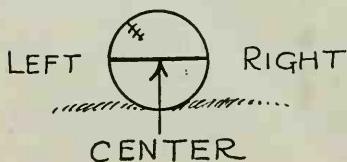


If a ball is kicked on the right axis, it will go to extreme left.



A ball coming straight toward a player will go back in the same direction if kicked on the center axis.

Therefore, the direction from which the ball is coming and the direction in which the ball should be kicked will determine the axis at which the foot should meet the ball.



The simple instep kick will enable the player to hit the ball on the center axis. The two variations of this kick enable him to meet the ball with his foot on the other two axes or any axis between the two extremes.

## SHORT KICKS

The ability to impart just the correct amount of power to the ball calls for long hours of practice. As passes are in most cases made along the ground, the surface conditions of the field are an added and varying factor, making it important to practice passing in all kinds of weather and on rough and smooth turf and clay.

### *Inside of Foot (Push Pass)*

The ball is met with the inside of the instep, or with that part of the foot between the big toe joint and the heel. The leg is swung from the hip, and the ball should be well under the body. If the ball is met in front of the body, the lower leg should be perpendicular to the ground. If the ball bounces, it is because it is being hit on the up-swing of the leg. This is probably the easiest short kick to coach and

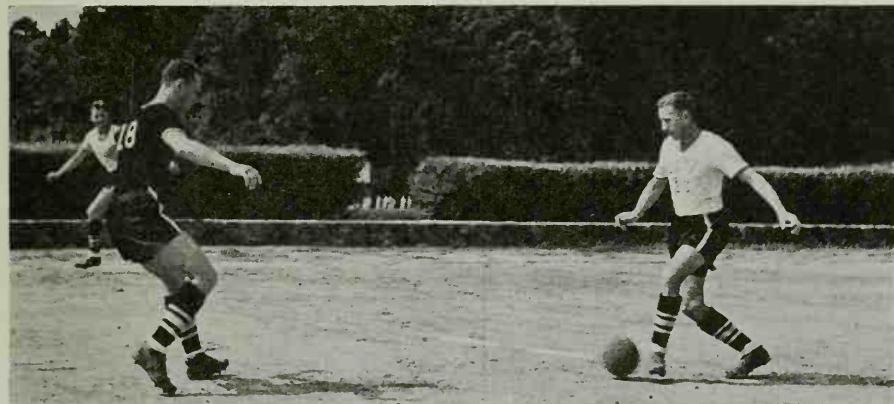


PLATE 15. *Inside of foot pass. (Note: Pass to wing has been started. Lower leg is perpendicular to the ground to keep the ball from bouncing.)*

to execute with accuracy. Its weakness is that the direction of the pass is obvious to the opponents, and therefore it should not be used where deception is necessary.

#### *Stress:*

Ankle relaxed.

Keep the ball on the ground. (Sweeping, follow through.)

Eye on ball as foot meets it.

#### *Uses:*

For accurate passes up to 15 yards.

For passing at any angle between sideward and forward.

For passes where deception is not needed.

For shooting for goal where accuracy is more desirable than power.

### *Inside-of-Foot Lob*

The body must be well balanced on the non-kicking foot, and should lean toward the side of the kicking foot. The lower leg is at right angles to the upper

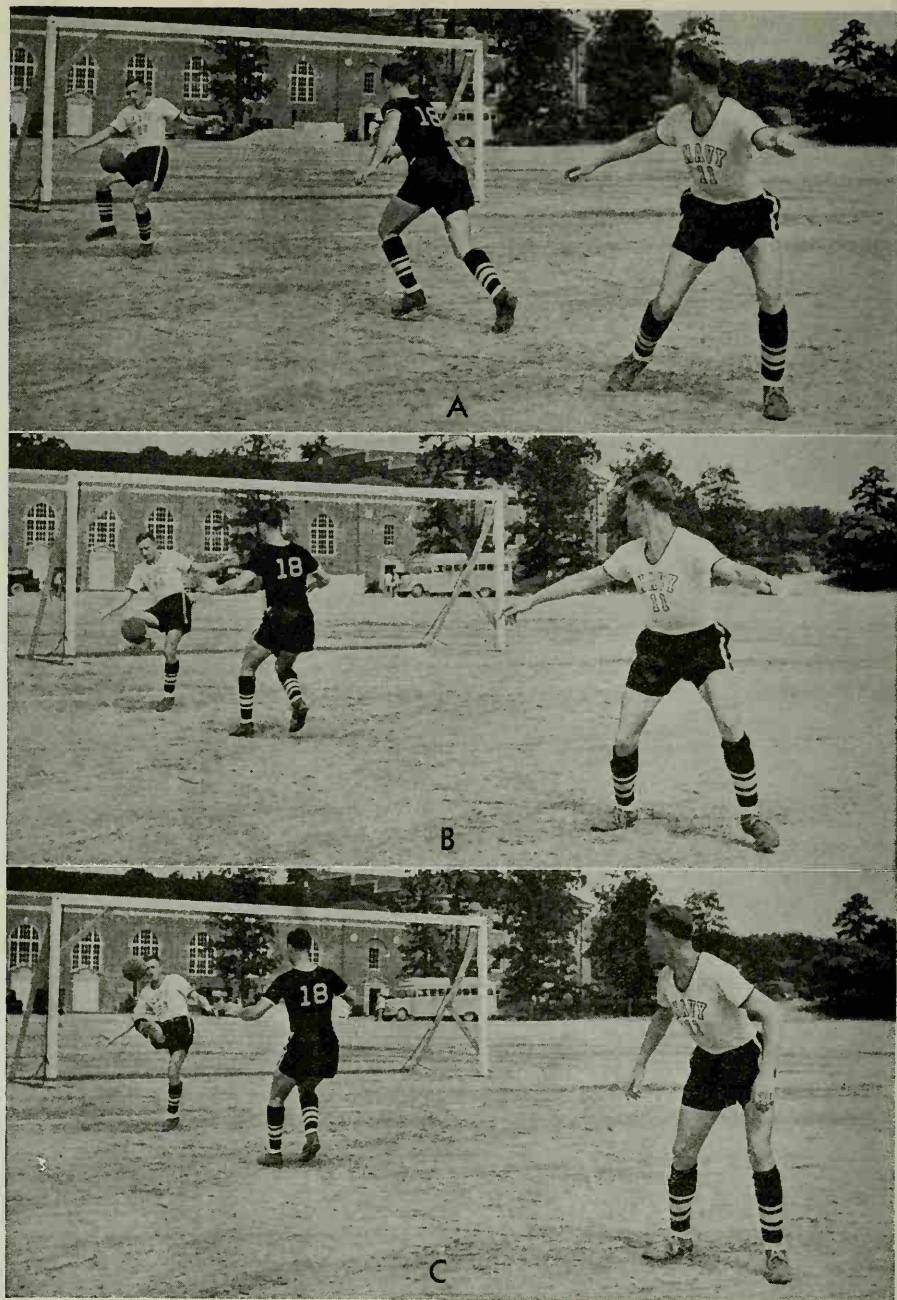


PLATE 16. *Lob pass (to a team-mate over an opponent's head): (a) Start of pass; (b) Ball makes contact; (c) Follow through of leg.*



PLATE 17. *Outside of foot pass. (Note that by feinting to pass with the instep the opponent has been drawn out of position.)*

part of the leg. The force of the kick comes from the hip, with the inside of the foot meeting the ball.

*Stress:*

Use arms to keep balance.

Keep eye on ball until after the kick.

Keep knee bent. Practice for accuracy.

*Uses:*

For short pass over opponent's head by halfbacks to forwards.

For forwards as a means of getting the ball by the defense or beating the one marking them.

On throw-in plays.

***Outside of Foot (Flick or Jab)***

The kick is made by straightening the knee and swinging the leg away from the body. To raise the ball off the ground abduct the foot at the ankle joint as the outside of the instep meets the ball.

*Stress:*

Push the ball rather than kick it.

Use a feint before passing.

Eye on ball.

***Uses:***

For passes up to 15 yards.

In connection with deceptive dribbling and deceptive passing.

***Sole of Foot***

The sole of the shoe is placed lightly on the ball. The ball is rolled in a backward direction by a quick flexion of the knee. If the pass is made on a run, the player jumps and executes the movement while in the air. While this is not a kick it is a useful pass and an easy one for the receiver to handle.

***Stress:***

Place foot lightly on the ball.

Keep body well balanced.

Look for the receiver before passing.

***Stress:***

To pass backward.

By inside forward, to pass to wing on combination play "C." Page 153.

***Heel***

The heel of the kicking foot meets the ball as the leg is swung backward from the hip and the knee is flexed.

***Stress:***

Hit the ball on the center.

Know where you are passing.

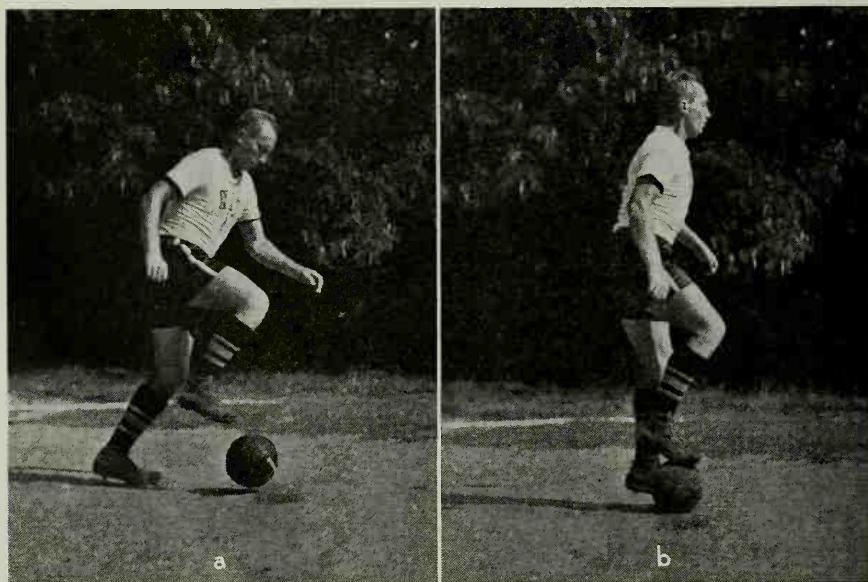


PLATE 18. *Sole-of-Foot Pass: (a) Ready to jump and place foot on ball; (b) Foot lightly on the ball.*

**Uses:**

To prevent ball from going over side or goal lines.

By a forward, to pass backward to a halfback after feinting a shot at goal.

**Short Overhead**

The ball is met on the instep slightly toward the toe by a sharp straightening of the knee and flexing of the ankle. The ball will have much back-spin if the kick is executed properly.

**Stress:**

The ball must meet the instep before the ankle is flexed.

The ball should be kept low, and only just over the head or shoulder.

**Uses:**

To "beat" an opponent.

By center or inside forwards to get ball behind the defense in front of goal.

As a pass to oneself.

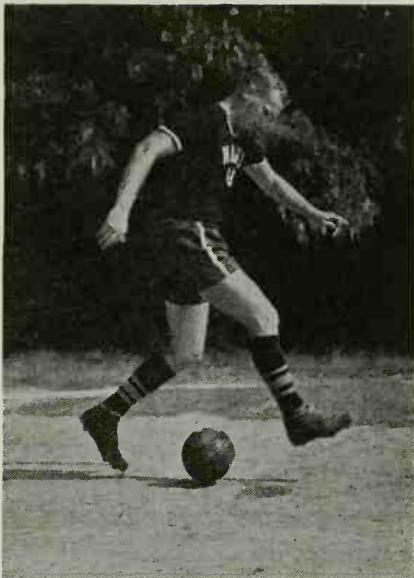


PLATE 19. Heel Kick. Shows heel starting to make backward kick.



PLATE 20. Short overhead kick. (Kicks used to get the ball behind the defensive players.)

## PASSING

*One pass is worth two kicks.* If beginners have this impressed upon them, it will not take long before they have started to graduate from the beginners' class. There are three factors in a pass: the passer, the ball, and the receiver. If each one fulfills the necessary requirements, the result is perfect teamwork.

### *The Passer*

Should conceal his intention until the last moment.

—not pass to a covered teammate.

—look up from the ball, so as to see the receiver, and then look down at the ball while making the kick.

—pass to an open spot in front of the receiver.

—if necessary, call name of receiver before making the pass.

### *The Ball*

Should have correct amount of speed.

—be on the ground and not bouncing during passing.

—“lead” the receiver—too much lead can be overcome by more speed on the part of the receiver, but too little causes the receiver to slow up.

### *The Receiver*

Should so place himself that he is in position to receive a pass. This means getting between the man marking him and the ball or starting into a clear place.

—come to meet the ball.

—keep eye on ball when receiving.

—take a quick look at the field of play as the ball is traveling toward him.

—instantly decide what he will do with the ball.

—run relaxed, with short strides to keep the body balance well under control.

This will enable him to speed up or change direction to receive the pass.

## TRAPPING

Trapping is to get control of a pass or a loose ball by stopping it or by changing its direction to suit your purpose. Much time must be spent on it by beginners, and advanced players should review it often. The coach should insist that all balls in practice be trapped or placed under control before they are played. The exceptions would be when practicing “first time” kicks. Except when clearing the goal, all cadets will play better soccer if they adopt the slogan—“Trap first, kick second.” A ball is properly trapped when it stops “dead” at the foot or, when trapping by re-directing the ball, it remains within one step. This can be accomplished by using some soft part of the body to trap with, such as calf or thigh or abdomen, by keeping the leg limp when trapping with the foot, or, the most difficult, to trap the ball so it will rebound vertically. It should be constantly pointed out to the players that in all cases the trapping leg is off the ground and relaxed, and that the eye must watch the ball until it reaches the point of contact. Other methods of trapping have been purposely omitted either because they are more

difficult to learn, or are seldom used. Players that can perfectly execute two types of traps for rolling, bounding, and fly balls will rarely need to practice any other methods.

Body balance may not be a skill, but it is something that must be mastered by all soccer players. It is a necessary part of every kick or trap. Beginners should be encouraged to use their arms to maintain balance, either held sideward or forward.

### ROLLING-BALL TRAPS

#### *With Sole of Foot*

While facing the ball, raise the foot with the knee slightly bent and the toe higher than the heel, making a "V" between the sole and the ground into which



PLATE 21. *Sole of foot trap on rolling ball. (Ball rolls into "V" formed between foot and ground.)*

the ball rolls. The weakness of this trap is that it leaves the trapper motionless and faced in the direction from which the ball is coming. This causes him to face before next playing the ball and consequently lose time.

#### *Stress:*

Leg extended.

Eye on ball in case of a bad last bounce.

Foot turned up to 45° angle.

#### *Uses:*

To trap a rolling ball.

#### *With Side of Foot (Deflection)*

The trapping foot is off the ground and turned so that as the ball meets the foot, it rebounds in the desired direction. The receiver should take a flash look to determine the position of the opponents as the ball comes to him. The players must learn this skill with the inside and the outside of each foot.

#### *Stress:*

Watch the ball hit the foot.

Lean in the direction the ball is to be deflected.

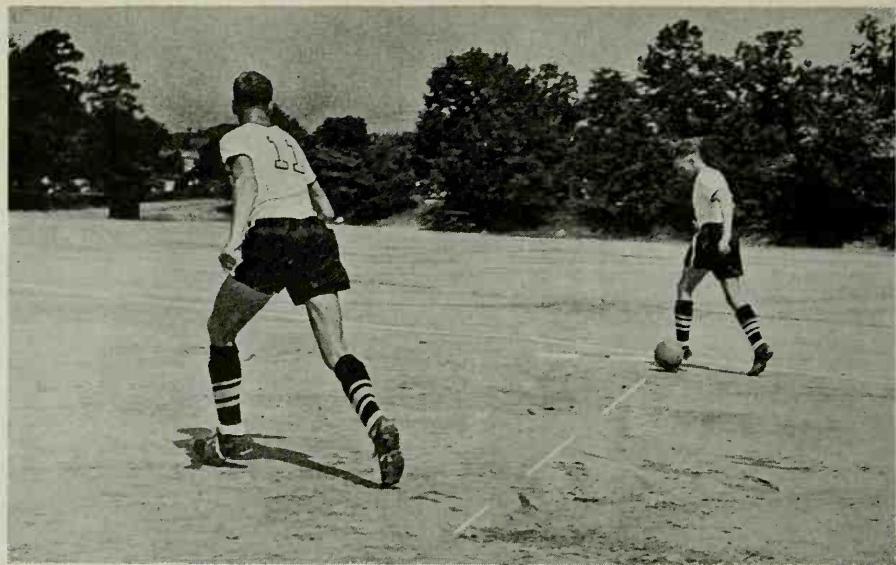


PLATE 22. Deflection trap with outside of foot.

Trap ball at right angles to approaching opponents.

*Uses:*

By any player except goalkeeper.

#### BOUNDING-BALL TRAPS

##### *With Sole of Foot*

Same as for rolling-ball traps except that the leg is usually straight and the foot meets the ball just as it bounces from the ground. The body should at once move forward with a step on the trapping foot in order to place the ball under control.

*Stress:*

Bring the toe of the shoe down over the ball.

Face in the direction of the ball so that if the trap is missed with the foot, the body can be used.

*Uses:*

To trap a ball just as it hits the ground. When any movement of the ball would give it to an opponent.

When it is not possible to come up to the ball to make a leg trap.

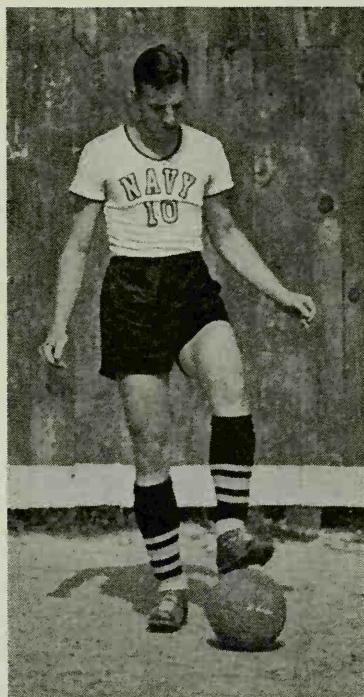


PLATE 23. Bounding ball trap with sole of foot.

### *With Relaxed Leg*

The knee is at right angles to the oncoming ball. The foot is off the ground with the knee bent. The ball is played with the thigh or calf muscles.

#### *Stress:*

Leg must be kept relaxed.

Foot of trapping leg must be held off the ground.

#### *Uses:*

To trap or deflect a bounding ball in the air up to waist high.

On a ball coming from any sideward or forward direction.

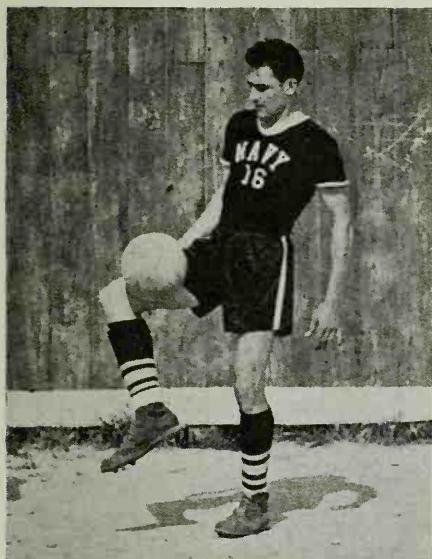


PLATE 24. *Relaxed leg trap. (Ball meets soft part of leg.)*



PLATE 25. *Stomach trap. (Trunk has started to bend over the ball.)*

### *With Inside of the Foot*

Same as for relaxed leg except that ball meets the foot. The foot should be turned to deflect the ball in the direction the player is going to move.

#### *Stress:*

Foot held relaxed or allowed to give slightly to absorb the speed of the ball.

#### *Uses:*

On a low-bouncing ball coming from any sideward to forward direction.

### *With Stomach or Chest*

If the player desires to bring the ball dead to his feet, he relaxes or bends forward at the waist as the ball hits. By moving forward as the ball hits, he can start it moving in the direction he is going to travel.

*Stress:*

Hold arms away from body as ball hits, or referees may suspect hand trapping.

Keep relaxed.

*Uses:*

On a ball over waist high.

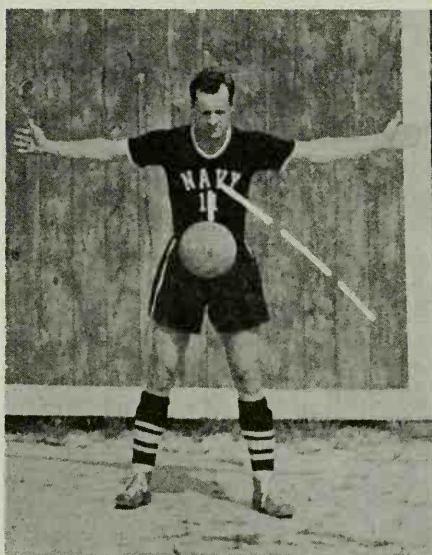


PLATE 26. Relaxed chest trap. (To bring ball to feet.)



PLATE 27. Fly ball trap with sole of foot. (Note: Foot is held over the ball and ball traps itself.)

### FLY-BALL TRAPS

#### *With Sole of Foot*

The knee is raised and the foot brought over the ball at the instant that it hits the ground. The rebounding ball should hit the sole of the foot.

*Stress:*

Face the on-coming ball.

Do not get set too soon or the flight of the ball may be misjudged.

Foot does not hit ball.

*Uses:*

When there is ample time to trap before an opponent can reach you.  
If the wind is strong.



PLATE 28. *Fly ball trap with inside of leg.*  
*(Illustrates trapping to the left with body starting to move in that direction.)*

### *With Side of the Leg*

The leg moves so that the knee is pointed toward the ball, with the lower leg held slightly backward and outward. The ball is wedged between the inside of the leg and the ground at its moment of impact with the ground.

#### *Stress:*

The body should lean in the direction in which the ball is to be trapped.

Eye on the ball. Tendency is to look for the opponent.

Keep leg relaxed.

Do not get set too soon.

#### *Uses:*

To trap fly balls.

To deflect fly balls.

## Dribbling

Beginners tend to dribble too much and to maintain the dribble too long. A dribble is usually indicated if no opponents are near, and should be maintained until one of the defensive players has been drawn to the dribbler. The coach should point out to the players that a pass is a more dependable method of beating an opponent. The player is justified in trying to dribble by an opponent if there is no one to whom to pass the ball, or if he can set up a scoring play.

### *With Inside of Foot*

The ball is tapped, coaxed, pushed along the ground with the inside of the foot. The body should be forward, with the head over the ball. The feet usually alternate in playing the ball. The ball should travel in a straight line.

#### *Stress:*

- Keep the ball near the feet.
- Push, not kick the ball.
- Keep the ball traveling straight ahead.

#### *Uses:*

- To advance the ball under control.
- When an opponent is coming from a forward direction.
- When opponents are near.
- When control is worth more than speed.

### *With Outside of Foot*

The ball is pushed with the outside of the foot about at the small toe. To do this, the foot is turned in between steps. The ball is played by the same foot

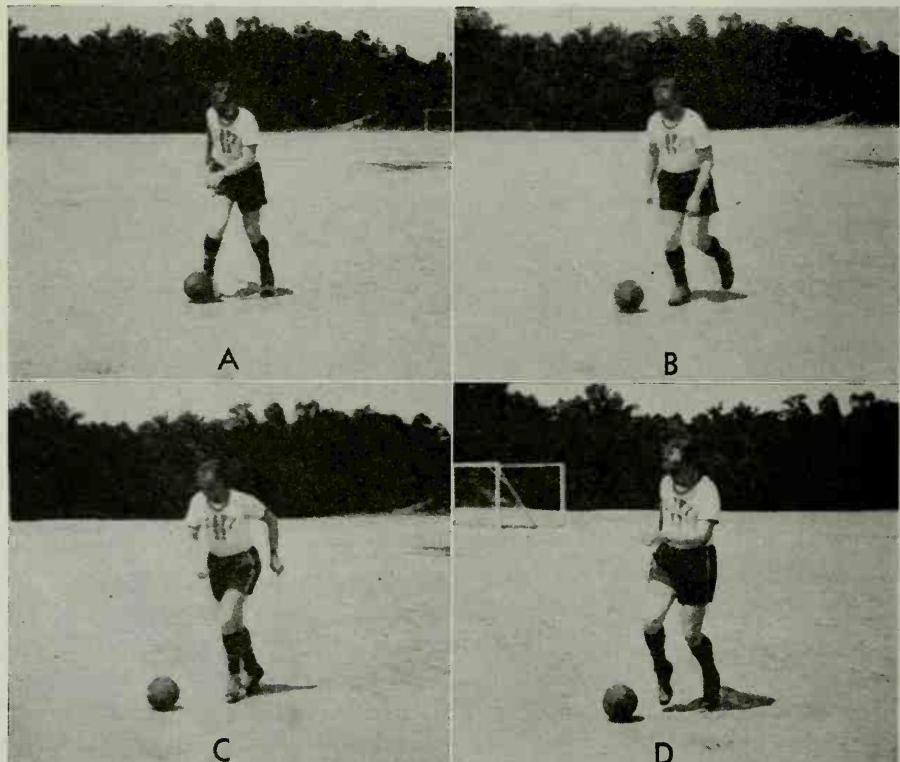


PLATE 29. *Dribbling with outside of foot. (Shows right wing dribbling down the right side-line.)*

with every second step; i.e., push ball with right and step right, step left, push ball with right and step right, etc.

*Stress:*

Look at the ball when the foot plays it.

Keep ball under control.

Change to inside of foot when meeting opposition.

*Uses:*

To keep the body between an opponent and the ball. For example, by the right wing with right foot to keep the body between opponent and the ball while going down the side line.

When a fast dribble is desired.

### HEADING

The direction of the ball when headed will be chiefly governed by where the head makes contact on the ball. If the ball is met near the underside, the ball will go up; if it is hit near the horizontal axis, it will go down. It is easier to head the ball back up into the air and for this reason it should be taught first. The most useful one and the most difficult type of heading to master is to head the ball down.

#### *From Forward to Forward Direction*

The ball is hit by the top of the forehead. The eyes should follow the ball as long as possible. The feet should be off the ground and the ball met as high in the air as possible. Greater distance can be obtained by using the neck muscles. The head is brought back and then forcefully forward, hitting the ball with the



PLATE 30. Heading the ball down. (Note the head has come forward to hit the ball.)

forehead while the chin is brought in. The head follows through as much as is possible by being stretched forward away from the shoulders.

*Stress:*

Hit the ball with the head rather than let it hit you.

Do not duck the head; see the ball hit.

Time the jump and the flight of the ball so that you meet it high in the air.

Take-off from one foot by driving from hip, knee and ankle joints with the body erect.

Do not attempt to head a ball below chin height.

*Uses:*

To move the ball to an unoccupied area where you can get control of it.

To shoot for goal.

To place the ball preferably at the *foot* of one of your teammates.

To clear the goal.

***From Forward to Sideward Direction***

The technique is the same as for forward heading except that the ball is hit with the side of the forehead. It is best to cock the head to one side before thrusting it against the ball. The head should follow through and finish near the opposite shoulder.

*Stress:*

Face the on-coming ball.

See also forward heading.

*Uses:*

See forward heading.

***From Forward to Backward***

An on-coming ball may be headed backward by letting it bounce off the top of the head when the ball has little force. A better method is to turn the side of the body to the on-coming ball and play the ball with the top of the forehead by using a head flick.

**BALL CONTROL**

*"The ball works for the good player, while the poor player works for the ball."*

This quotation is often heard when "old-timers" gather and start to discuss the ball control of various players. It means that the ability of some players to control the ball makes their performance seem so easy that the player himself does not seem to be exerting himself. Other players use twice as much energy and do not accomplish as much work. Due to their lack of ball control, they fumble their passes, heads, and traps, and consequently are continuously chasing the ball.

Ball control is not a skill itself but is the sum of the player's execution of all the skills. Some of the best drills and games are devoted to no particular skill but embody many, and therefore could be classed as developers of ball control.

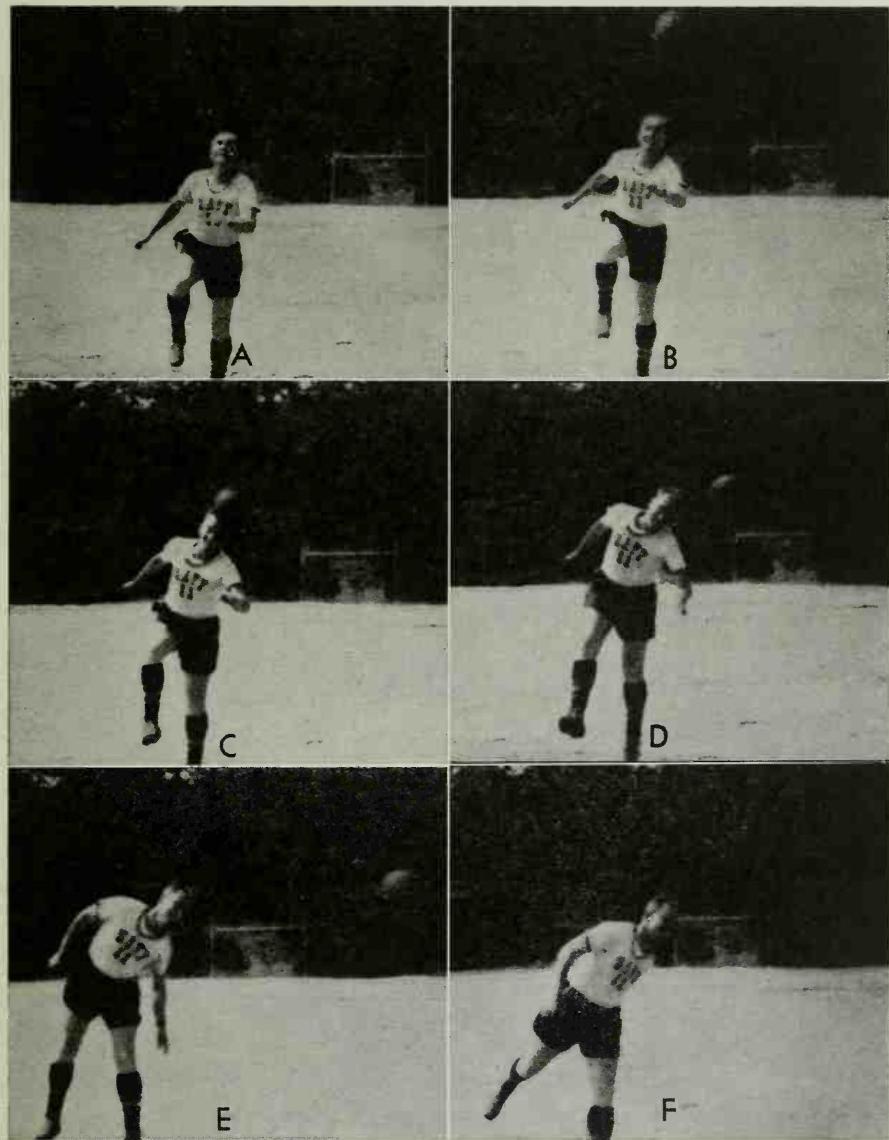


PLATE 31. Heading for Goal: (a) Facing the on-coming ball. (b) Getting off the ground. (c) Hitting with the side of the forehead. (d) Following through with the head. (e) Following through with the body. (f) Following up the shot.

## TACKLING AND CHARGING

Tackling is an attempt to get the ball from an opponent and, in most cases, is accompanied by a charge. Charging is an attempt to use a part of the upper shoulder to unbalance the opponent in order to secure the ball. A player does not always gain possession of the ball when he tackles, and yet he has served well if he stops the dribble, makes the dribbler lose control of the ball, or forces him to make a poor pass. There is no excuse for often missing both the tackle and the charge and thus being beaten. One or the other should succeed in stopping the opponent. The tackle should be so made that if it is missed the opponent cannot cut in for the goal but will be forced toward the side line.

### ***Tackling***

There are times when a tackler should come in fast to make the tackle and other times when he should make a cautious approach or even give way by backing up. Which of these are used largely depends upon the skill of the opponent and the situation.

If the dribbler loses control of the ball momentarily or an opponent has not yet gained control of the ball, a tackle is not necessary. The ball should be hooked or pushed at right angles to the opponent's run. His momentum will carry him at least one step beyond the ball, which gives all the time necessary to recover it.

The slide tackle has been purposely omitted because it is so difficult to execute without committing a foul that it is not recommended.

### ***Stress on All Tackling***

Make the man with the ball lead, i.e., cause the ball to move.

Time your movements so that you tackle just after the dribbler has played the ball.

When the charge is used with the tackle:

Face the opponent.

Have your shoulder hit him just enough to make him lose his balance.

Make a light charge, well timed.

### ***The Two-Leg Tackle***

Get both feet in front of the ball with the heels almost together, the knees turned out, and the body leaning forward. The ball is trapped by the legs while the shoulder charges the opponent off the ball. Follow up the tackle by stepping forward with one foot and pulling the ball along with the other. If the charge is with the right shoulder, step with the left foot.

#### ***Stress:***

Keep weight forward.

#### ***Uses:***

From in front of an opponent and near the ball.

When the opponent is not ready to dodge the tackle or has not full control of the ball.

When the opponent has no room to dodge the tackle or is not expecting a tackle.

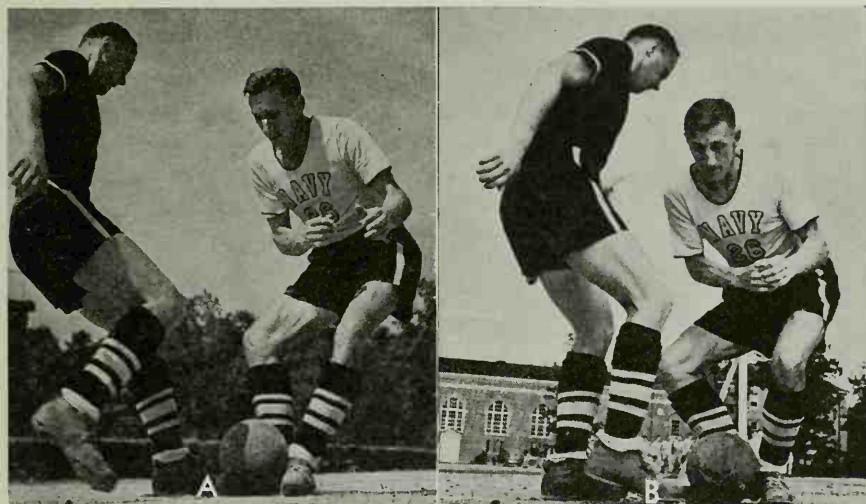


PLATE 32. *Two-Leg Tackle:* (a) Shows going in fast after opponent has played the ball.  
 (b) Weight forward with arm of charging shoulder close to side.

### *The One-Leg Tackle*

The body lunges forward with the inside of the lunging foot against the ball and the knee bent. The ball is trapped with this foot and lower leg. The other leg is backward to brace the body as the shoulder charge is delivered. Following the charge this leg steps forward, while the ball is pulled forward by the trapping foot. If the tackle is made with the right foot, the right shoulder delivers the charge.

#### *Stress:*

Do not cross-body block the opponent.  
 Face the opponent.

#### *Uses:*

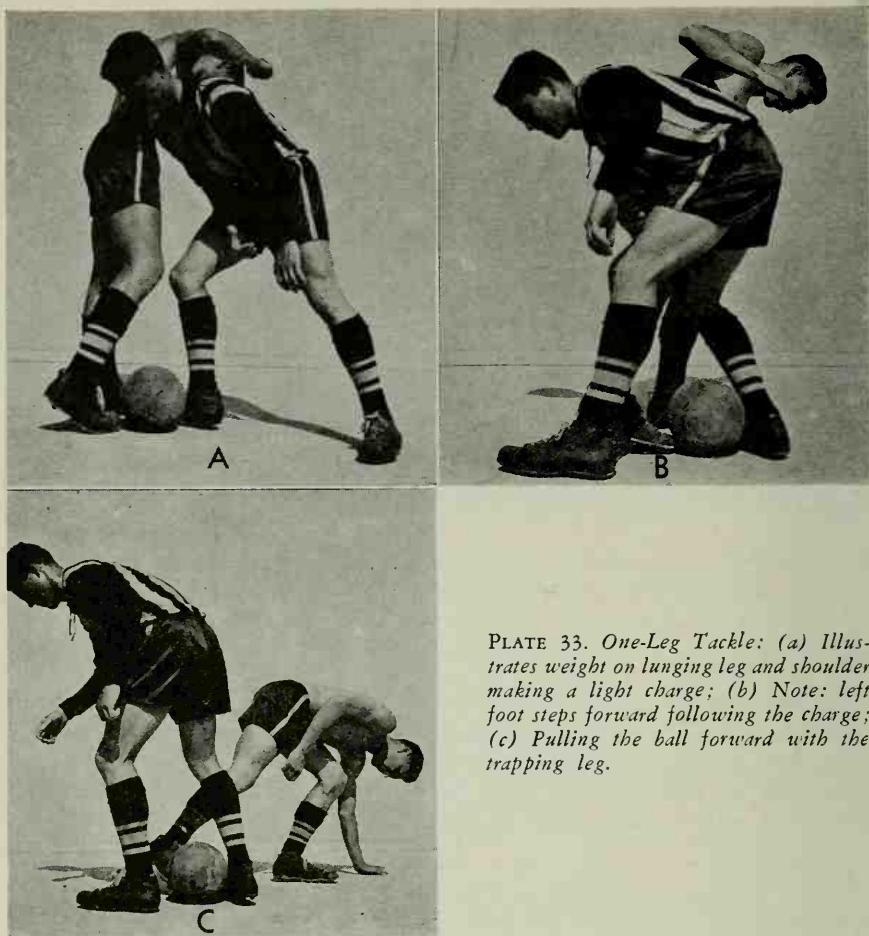
From in front or diagonally in front of an opponent.  
 To stop an opponent's dribble.  
 To force an opponent to pass or to lose control of the ball.

### *The Sole-of-the-Foot Tackle*

Place the sole of the foot on the ball with the leg straight out in front as the opponent starts to play it. The ball should be wedged between the ground and the foot as in the sole-of-the-foot trap.

#### *Stress:*

Be directly in front of the ball.  
 Weight forward.  
 Body well balanced.



*PLATE 33. One-Leg Tackle: (a) Illustrates weight on lunging leg and shoulder making a light charge; (b) Note: left foot steps forward following the charge; (c) Pulling the ball forward with the trapping leg.*

#### *Uses:*

- From directly in front and near the opponent.
- To prevent an opponent from gaining control of the ball.
- To block a kick.

#### *The Pivot Tackle*

The same as for the one-leg tackle except that the body is turned toward the opponent by pivoting on the non-tackling foot. The degree of the pivot will depend upon the angle of approach. It is necessary to be ahead of the dribbler to allow time for the pivot.

#### *Stress:*

- Do not tackle too soon or from too far away.

*Uses:*

To tackle while approaching from the side or diagonally from the side of an opponent.

**CHARGING**

The weight of the body is thrown against the opponent, making contact with the shoulder against, or slightly in front of his shoulder. When coming from behind the dribbler, run in step with him and make the charge as his farther foot steps on the ground. As the charge is made, the foot nearest the dribbler steps in toward the ball.



PLATE 34. One-Foot Tackle. (*Note: The ball is firmly held and is directly in front of the tackler.*)



PLATE 35. Charging. Step toward ball as charge is delivered.

The coach must be sure that his players understand the charging rule or they will make numerous fouls. The chief points of this rule are that the arm shall be close to the body, that the tip of the shoulder shall be used, that the arm and shoulder shall not be moved in making the charge, that both players have at least one foot on the ground, that the charge must not be violent, that it can be used only when attempting to play the ball, and then, *not from behind* unless the opponent is intentionally obstructing.

*Stress:*

- Keep your charge high to avoid fouling.
- Keep arm close to body.
- Do not hunch the shoulder.
- Keep one foot on the ground.
- Watch your opponent's feet.

*Uses:*

- To come from behind a dribbler and make a tackle.
- To unbalance an opponent as you strive with him for possession of the ball.
- To put the goalkeeper in the net when he has the ball.



PLATE 36. *Obstructing. (Note that the center halfback has prevented center forwards progress toward the ball.)*

### OBSTRUCTING

A legal method of impeding the progress of an opponent is by remaining in the path in which he desires to move. This can best be done by turning your back to him and giving ground slowly forward while moving sideward to prevent his going around you. By giving ground and turning away from your opponent you are much less likely to be charged with illegal play.

*Stress:*

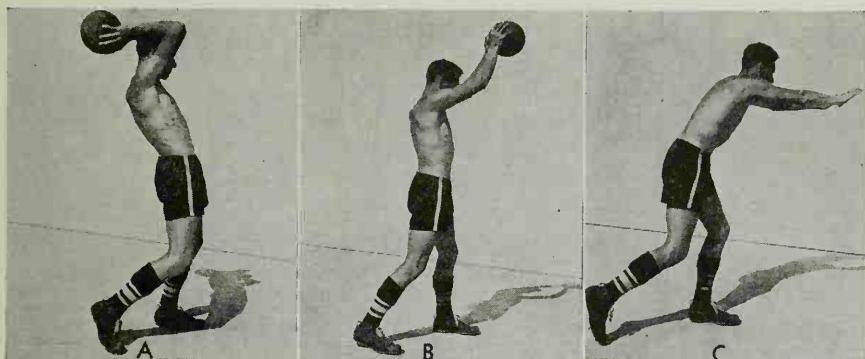
- Avoid moving toward opponent.
- Keep on toes and well balanced.
- Watch opponent over your shoulder.
- Give ground.

*Uses:*

- To prevent the opponents from rushing your goalkeeper on corner, penalty or close-in free kicks.
- To slow up an opponent so that your goalkeeper can handle the ball.
- To delay an opponent so that the ball may roll out over the side or end lines.

**THROWING**

The palms of the hands are on opposite sides of the ball with the fingers toward the back and gripping the ball firmly. The wrists are bent downward so that the ball is held well back of the head. The distance of the throw depends upon the explosive power or snap of the muscles used. The wrist, elbow, shoulder, and trunk all enter into the throw. At the time of throwing one foot should be ahead of the other to maintain the balance. If the ball has side-spin, it has probably been thrown over the shoulder and is an illegal throw. The thrower should conceal the direction of his throw until the last moment. This can be accomplished by facing the field of play squarely and pivoting on the toes or turning at the waist



*PLATE 37. Throwing: (a) Note the ball starts from behind the head, the wrists are flexed, and the body is bent backward; (b) The wrist, elbow, shoulder, and trunk muscles are all in action; (c) The wrists are following through and a part of each foot is on the ground.*

just as the throw starts. The throw must lead the receiver if he is moving, and the thrower must decide whether to throw to the receiver's feet, head, or body. Too often the throws are made merely in the general direction of the receiver and thus are awkward to handle. A long throwing player can reach more of his teammates, thus spreading out the defense and giving the throw-in added importance. Wing forwards as well as wing halfbacks should receive practice in throwing.

*Stress:*

Start the ball from behind the head.

Keep part of each foot on the ground at the moment of throwing.

Do not lob the throw if throwing for short distances.

*Use:*

To put the ball in play.

## RUNNING

Running is not a fundamental and need not be practiced as a separate skill. But, as it enters into the game and much of a player's success depends upon it, the coach should look for and correct poor form. The form will vary according to the purpose of the run, but two factors should always be present. These are relaxation to save strength and body control to maintain balance.

The body can be relaxed when running to get into position or when not in the play. Every opportunity to rest should be taken. If players will learn to run at three-quarter speed, they will have some extra power in reserve. Extra speed will often enable them to beat an opponent to the ball. The long striding sprint with vigorous arm action should be conserved for the time when it is necessary.

When running and anticipating a pass, the body should be kept under control by using short steps with the weight on the balls of the feet. From such a run it is easy to change direction or to break into a sprint. Change of pace is important in soccer as in all sports. If a cadet is closely marked and expecting a pass, the speed should be moderate and the pace suddenly increased as the pass starts. Change of pace should gain for the cadet the one step necessary to reach the ball ahead of the opponent.

## FEINTS AND PIVOTS

These might be called special abilities and most players tend to specialize on a few deceptions with which they have the greatest success. Feints are valuable tactics as they tend to confuse the opponents. Passes should be preceded by a feint if the receiver is likely to meet opposition. Again feints should be used to draw the passer's opposition off balance or out of position so that the pass can be gotten away. The means that may be used are:

*Feinting with the knees* in one direction and passing in the other. Used from a stride stand with the ball in front of and near the feet, feet astride and weight on the toes. Suddenly bend the knees, turning them slightly to the left and look left. The body weight is kept over the feet and the pass is made to the right.

*Feinting to pass with the inside of the foot* but stopping the foot before it hits the ball. It may be used on a still or a moving ball.

*Feinting to pass with the inside of the foot* by bringing the foot over the ball and then passing in the opposite direction with the outside of the foot. It is mostly used on a still ball or while dribbling with the insides of the feet.

*Feinting an instep kick* by passing the foot over the ball or stopping it before it meets the ball. The first mentioned is a good feint for a back-heal or sole-of-foot pass.

Feinting to kick or pass can be effectively combined with change of pace while dribbling to beat an opponent and continue the dribble. It is a good feint for wing forwards who usually have only one man to beat in order to get in the clear down the side lines. The dribbler should approach slowly with the ball under control. If he can cause the back to shift his balance momentarily toward the center of the field by feinting a kick or a pass, he can beat him by pushing a short pass to himself beyond the back and down the side line. In passing the back he should run with knees high to avoid being tripped by the back's belated attempt to tackle.



PLATE 38. *Knee Feint to Left. Note opponent has been feinted off balance.*

Feinting a kick or a pass may cause an opponent to shift to one side, and then a dribble may be started to the other side. Feinting may be used to beat an opponent when neither of the players are moving as when the man with the ball and the opponent have reached a stalemate.

The ability to *dodge* to either side of an on-coming opponent is a skill that all players should master. The dodge should be learned on a non-moving ball. The feet should be in a stride position with the ball between and slightly in front of them. Split-vision should be used to watch the on-coming opponent's feet as well as the ball. The dodge should be made to the left if the opponent will be stepping on the left foot when he is two strides away. By quickly pulling the ball to the left with the right foot and taking a long cross step in front of the left with the right foot both the ball and the body are out of the opponent's reach. The left foot should regain control of the ball. The faster the opponent approaches, the easier it is to dodge him, provided the ball is under control. When the opponent is coming from a diagonally forward direction, the ball must be played at right angles to his approach.

If an opponent is on you before you have time to dodge, the evasion dodge is worth trying. It consists of pushing the ball to one side of the opponent while you go to the other side and cut back to get the ball. Push the ball at right angles to the rushing opponent, jump quickly one step out of his way and if possible in the direction from which he is coming, and then go for the ball. The opponent's momentum should carry him out of the play. This is only a substitute for dodging and should be used only for that purpose. It is more dangerous, since you lose control of the ball for a moment.



PLATE 39. *Dodging: (a) Pulling the ball; (b) Cross-stepping; (c) Finishing the dodge.*

*Dribbling can be made deceptive and tackling more difficult for the opponent by:*

1. *Swaying the body from side to side.*—It should be used only when approaching an opponent. Called weave dribbling, it is an exaggerated swaying of the body accompanied by a weave run. The dribble is changed from inside of foot to outside of foot, or as may best serve to keep the ball traveling in a straight line during the weave.

2. *Shifting the body from side to side by feinting changes of direction.*—The feet must be kept apart, almost at a stride position, while the body does the feinting. The player uses lunge steps to keep his body under control while mixing up diagonally forward skips, jumps, and change steps with his feet. The ball may travel in a straight line or in a series of straight lines. Shifting can be used in a combination with feinting kicks, passes or change of pace either to beat an opponent or to pull him out of position so as to get off a pass.

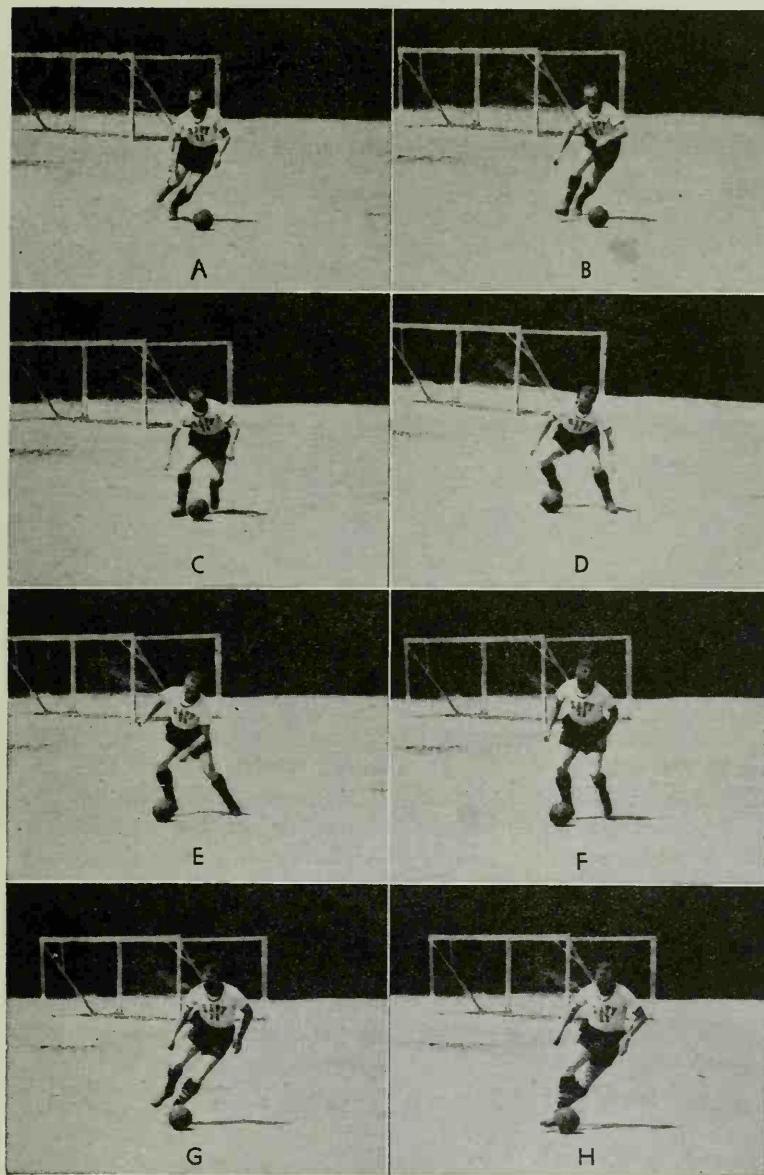


PLATE 40. Deceptive Dribbling: (a) Swaying the body; (b) Using the arms for balancing; (c) Starting a feint. Note eyes are on the ball; (d) Lunging to recover from feint; (e) Recovering from feint; (f) Resuming dribble. Note that the body is over the ball; (g) Starting a weave movement; (h) Note that the ball has traveled in a straight line.



PLATE 41. *Chest trapping. (Illustrating playing the ball between two opponents.)*

*Dribbling past an opponent* who is approaching slowly can be accomplished by watching his feet. The attempt to dribble by should be made to that side on which he has his foot when he is about three steps away.

*A stalemate* occurs when the player with the ball is stopped because an opponent is in front of him. If the man with the ball can cause the opponent to lead (make a movement toward the ball), he has a chance to go by him. If the opponent can make the player with the ball lead, then he has a good chance to make a successful tackle. Thus a feinting duel starts which, provided neither player is fooled, will force the man with the ball to make a pass. No feint or pivot will succeed when the opponent is more than one stride away from the ball and cannot be coaxed nearer or put off balance.

*When two opponents approach from opposite directions as you are trapping, they may be beaten by playing the ball between them.*

*One opponent can be beaten* by playing the ball beyond him as described under heading, inside-of-foot-lob, and short overhead kick. When the ball is on the ground, it can be played over his tackling leg or over his head by jabbing the foot under the ball and lifting with the toe of the foot.



PLATE 42. *Back-heel pivot:* (a) Jumping over the ball; (b) Pivoting; (c) Completing pivot; (d) Centering the ball.

A *back-heel pivot* is performed by jumping over a moving ball. The ball is stopped by rolling into the back of the heel. The other foot takes a long forward stride to check the body momentum, which is followed by an about-face on the toes. For example, if the right foot jumps over the ball, the ball is stopped by the right heel, the left leg lunges forward, and the turn is made to the right. It can be used as an opponent is running along with you to prevent him from charging you off the ball. The foot opposite the opponent should jump over the ball in this case to screen the ball. It can be used to reverse directions with the ball. It can be used by the left outside forward to enable him to center with the right foot in case this is his strongest foot.

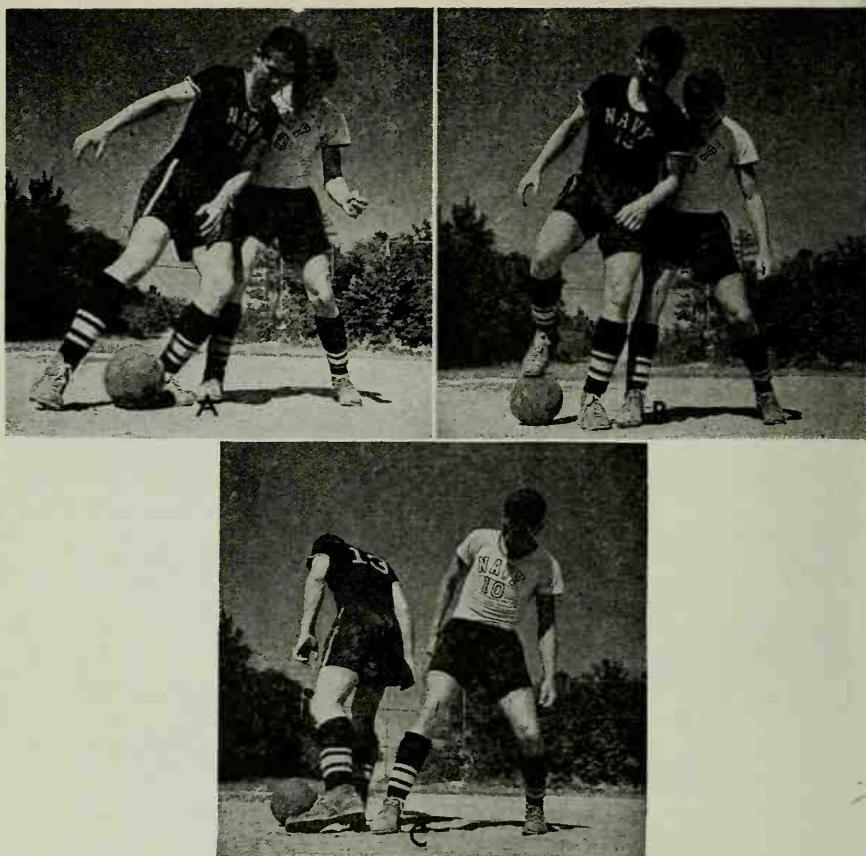


PLATE 43. Screen pivot: (a) Stepping over the ball to obstruct the opponent; (b) Pulling the ball with the sole of the foot; (c) Recovering the ball.

The screen pivot can be used to get the ball away from an opponent when at close quarters. It consists of stepping over the ball with one foot and pulling the ball to the side with the sole of the other foot as the body pivots around the opponent. It may be accompanied by a shoulder charge. If the right foot steps over the ball, as the body starts its turn the right shoulder makes contact with the opponent, and the ball is pulled to the right with the sole of the left foot as the body turns left. The left foot steps on the ground as the right foot regains the ball. When your foot steps over the ball, you screen the opponent's view and prevent him from reaching it.

An inside-of-the-foot trap and pivot can be used to good advantage by the center forward. It is used when the center forward is near the opponent's goal, facing his own goal, closely marked, and he is about to receive a pass. The player moves forward to meet the ball and is followed by his marker. The ball is trapped or guided between the legs with the inside of the foot farthest from the opponent as the body pivots on the opposite foot. To complete the pivot the trapping foot is placed on the ground and the pivoting foot plays the ball.

## CHAPTER VI

# The Goalkeeper's Skills

The skills of the goalkeeper are so important that they should be considered by themselves. As his ability to defend his goal is often the difference between victory and defeat, it is important that he receive a fair share of the coach's time in practice. The fundamental skills of the goalkeeper are:

### ***Stance***

The weight should be well balanced on the balls of the feet, which should be parallel and a comfortable distance apart. The knees should be slightly bent. The

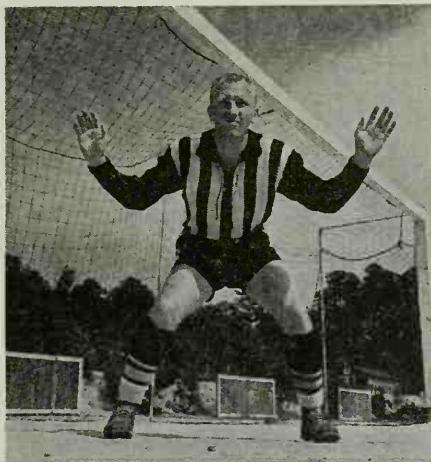


PLATE 44. *Stance.*

Hips should be back and the trunk leaning forward. The arms should be bent almost at right angles and relaxed, with the elbows back and sideward. The hands should be well out in front of the body with the palms facing forward. The head should be up, with the eyes concentrating on the ball. In changing position and maintaining a stance the body stays low. The technique of moving sideward is to widen the stride and then close it, i.e., in moving to the right the right foot moves sideward first and is quickly followed by the left. Under ordinary circumstances the stance should be taken approximately one yard out from the goal, and slightly to the shortest side of the angle of possible shot. See page 130 Plate 62 for description of angle of possibility on shots from the field of play.

### *Anticipation*

The goalkeeper should anticipate a shot by an opponent and get set to receive it. He can usually tell when an opponent is going to shoot by watching the ball and the player. He can sometimes tell in which direction the shot will go by watching the kicking leg. By attempting to anticipate the opponent's next play, the goalkeeper will in time develop the knack of always being in the proper place at the proper moment. Anticipation does not mean that he commits himself by moving to a new position, but means that he gets ready to do so. Whenever the goalkeeper leaves his goal, he should notify the fullbacks by some prearranged signal so that one of them will drop back and cover the goal.

### *Catching*

The hands should be open, fingers comfortably apart, elbows close to the body and the wrists nearer together and finger tips of both hands farther apart than the diameter of the ball. The hands should be held well out in front of the body, but should start moving toward the body just before the ball meets them. The eyes should follow the ball until the catch is completed. The arms should be drawn back toward the body to absorb the momentum of the ball (a "liquid" catch). If the ball is given any resistance by the palms of the hands, it may rebound and cause a fumble. The body should be behind the hands to stop the ball in case the hands fail to hold it. The goalkeeper should be alert to catch free kicks and set-ups and to deflect or catch corner kicks and centers.



PLATE 45. Catching a low ball. (Note: Knees are turned out.)



PLATE 46. Fielding a rolling ball. (Illustrating kneeling to get body behind the ball.)

There are two methods of getting the body behind a foot to knee-high ball. The first of these is with the heels close together, bend the knees outward, reach down between the knees, catch the ball slightly underneath and guide it to the stomach. The second is to place the right foot slightly behind the left foot and kneel on the right with the knee turned away from the body. Catch the ball slightly below its horizontal axis and guide it to the stomach. If it is necessary to move sideward in

order to get in front of the ball and there is not time to use either of these two methods, kneel with the knee turned toward the opposite foot and turn the trunk forward. For example: in going to the left for a "stop," kneel with the right knee toward the left foot and twist the body to the right.



PLATE 47. *Catching. (Showing method of kneeling when moving sideward for the ball.)*

To get the body behind a knee to chest-high ball, if it is a slow bouncing or a lob ball, catch the ball slightly below its horizontal axis and bend the trunk forward as the ball is drawn in. If the ball is a fast one, take it with a "liquid" catch and bring it to the stomach.

If possible on a chest to head-high ball jump and take it as in previous method. If it is too high to bring to the stomach, be sure the chest is in back of the catch.



PLATE 48. *Catching a head-high ball. (Note: Ball has been taken with liquid catch and brought to the chest.)*

When it is necessary to move sideward for a ball and impossible to get the body behind the catch, two hands should be used with the palms facing the ball, both thumbs behind the ball and touching each other. When the ball is beyond reach of both hands but near enough to catch with one hand, the catching hand on the back of the ball should be followed immediately with the second hand on the front of it.



PLATE 49. Starting from a kneeling catch.

The goalkeeper should practice getting to his feet and starting fast from all the catches where he is required to kneel.

#### *Stress:*

Watch the ball and not the approaching players.

Play each ball as if the game depended on that one "stop."

No fumbling or careless catching during practice.

Practice with a wet ball and in the rain.

Advance to meet slow or lob balls if opponents are not near.

Do not allow a high lob to bounce in front of the goal.

#### *Tipping*

When tipping the ball over the cross-bar use two hands if possible with the palms under and the fingers on the near side of the ball. The ball is pushed up into the air, allowing its own momentum to carry it over the bar. This is used only as a last resort or when a shot from the field of play or a corner kick is likely to hit the cross-bar. When the ball is almost out of handling distance or is too fast to be handled by one hand, it should be tipped over the cross-bar or outside of the goal post.

#### *Stress:*

Give the ball plenty of clearance.

Use two hands if possible.

Get the hands on the near side of the ball.

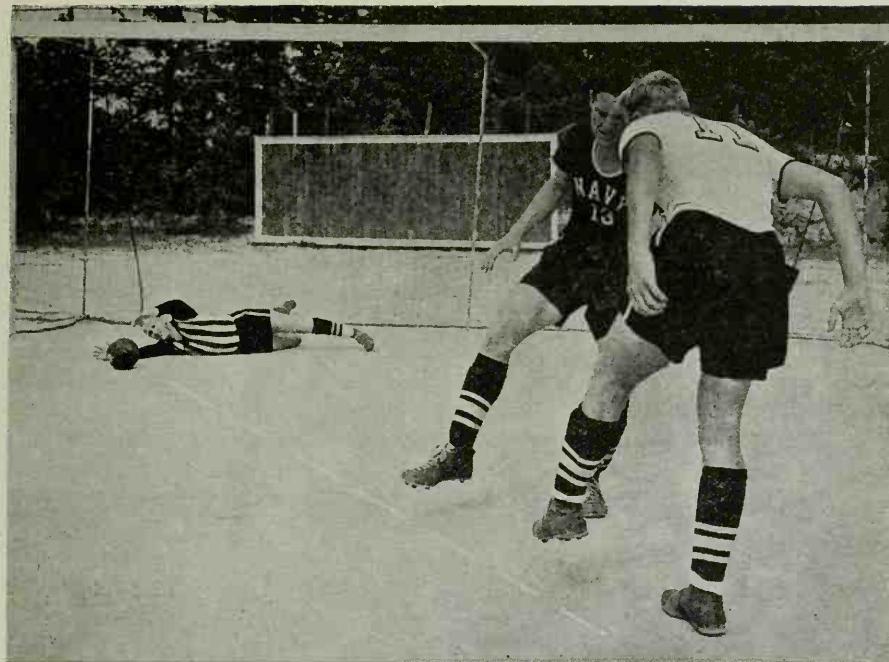


PLATE 50. Diving. (Note the right hand will hold the ball until the left hand can reach it.)

### Diving

The body is flung toward the ball in a sideward dive with the lower hand reaching for the ball. The dive should be slightly forward rather than parallel to the goal line and not at right angles to the direction of the oncoming ball. This gives the ball an easier angle to clear the goal if it is to be pushed over the end-line as well as prevents the goalkeeper from crashing into the goal post. Sometimes a dive will bring the goalkeeper near enough to the ball so that he can scoop it under his body. In this case he should get two hands on it, start to get to his feet, look for the best direction in which to dodge, and be moving in that direction as he finally reaches his feet. When training goalkeepers to dive, use a sawdust pit until their fear of getting hurt is overcome.

Falling on the ball should not be confused with diving. To fall on the ball is poor playing, quite dangerous and should be done only in desperation. If the goalkeeper finds it necessary to fall on the ball, he should get to his feet quickly.

#### Stress:

Keep arms and hands away from the body.

Get to feet quickly.

Dive diagonally forward.

Hold onto the ball if possible.



PLATE 51. *Punching.*

### *Punching*

The ball is hit with either one or both clenched fists. The knuckles contact the ball. The wrists are in a straight line with the forearm, the power coming from the forward straightening of the arm.

#### *Stress:*

Punch the ball toward the sidelines.

Two fists are better than one.

The ball must not be missed.

*Uses:*

- When there is no time to catch the ball.
- To deflect a ball coming from the side as on a corner kick, a sharp angle short or a center.
- When the ball cannot be reached to catch it because other players are in the way.
- To deflect a ball too wet and heavy for the hand to tip over the cross-bar or around the goal post.



PLATE 52. *Striking.*

**Striking**

The ball is hit with the side of the clenched fist and wrist. It should be hit with both arms if possible. The power comes from the forward swing of the arm or arms.

*Stress:*

- Development of the weak arm.
- Striking is safer than punching.
- Eye must follow the ball and see it hit the arm.

Never use punching or striking unless the situation warrants their use.  
Use very little force until skill is attained.

#### *Uses:*

When there is no time to catch the ball.

To return a ball coming from a forward direction.

When near the goal line and there is danger of being charged into the goal if the ball is caught.

#### *Dodging*



PLATE 53. *Dodging and bouncing. (Note the two hand bounce will be a very low one.)*

Using the four steps allowed by the rules to evade the opponent's attempt at charging is called dodging. If the opponent is coming in fast, move at right angles to him; otherwise move diagonally in the direction from which he is coming and pass to the side of him. A body feint may be used to help the dodge.

#### *Bouncing*

The body bends forward to bring the hands close to the ground and the ball is bounced only an inch or two. The head may be up with the eyes watching the field of play. With opponents near, the less distance the ball has to travel from the time it leaves the hand until it returns to the hand, the less chance there is for the opponents to get the ball. Therefore, a two hand dribble is better than a one hand bounce. With no opponents near, a goalkeeper may use a one hand waist high dribble which will allow him to travel faster. It is better to bounce the ball every third step rather than every fourth step as a measure of precaution against foulng. Only the low bounce should be used on a wet or an uneven field, and then only in case of emergency. Too much bouncing of the ball should be discouraged.

#### *Stress:*

Advance the ball if possible before clearing.

Carry the ball out to the side of the goal before getting rid of it.

Do not start moving until the ball is securely held.

### *Clearing the Goal*

Most beginners can throw with a greater degree of accuracy than they can punt or half-volley. The goalkeeper should, therefore, make this his first choice in clearing.

**Throwing.**—The throw that adapts itself best when there is plenty of time to clear is the baseball throw. The goalkeeper should learn to make the throw fast and low with either hand. The throw should be to a teammate, usually the inside forward, who should receive the ball on his sideline side. If time allows, a feint to throw in the opposite direction can well be used to draw the opponents away from the receiver. If hurried and there is no time to look for a teammate, the throw should be toward the sidelines.

**Kicking.**—When a *punt* is used to clear the goal, it should be kept low and toward the wing forwards. It is the second choice for clearing and should be used when there is no receiver open for a throw. A feint to punt may make an opening in the opponent's attack which will enable the goalkeeper to advance toward the penalty area line. This advance should give his teammates time to move into open places where they can receive a throw. If the goalkeeper's punts are too high, the foot is either meeting the ball too far in front of the body or too high in the air. It is very important that the goalkeeper learn to punt with either foot. A punt is made in the same manner as an instep volley kick.



PLATE 54. *Baseball Throw: (a) Arm and body in starting position; (b) Weight has shifted forward; (c) Follow through of arm and body.*



PLATE 55. Drop-kick.

A drop-kick is a better method of clearing when no opponents are near and there is no one to whom to throw the ball. It is much easier to keep low and accurate.

#### *Goal Kicks*

The instep kick or one of its variations is the best type to use provided the skill has been mastered. If a toe kick is ever to be allowed, it might be condoned on a goal kick taken with a dry ball and with the wind. The kick should be low and to the wings, preferably toward the wing opposite the side from which the ball is kicked. In no case should the ball be placed to the center of the field. A long kick is better than a pass to the backs except in unusual cases, such as kicking against a strong wind or kicking a wet, heavy ball. The goalkeeper should take these kicks, as the fullbacks get enough work in the course of the game without this added burden. One of the fullbacks should drop back and cover the goal while the kick is being taken.

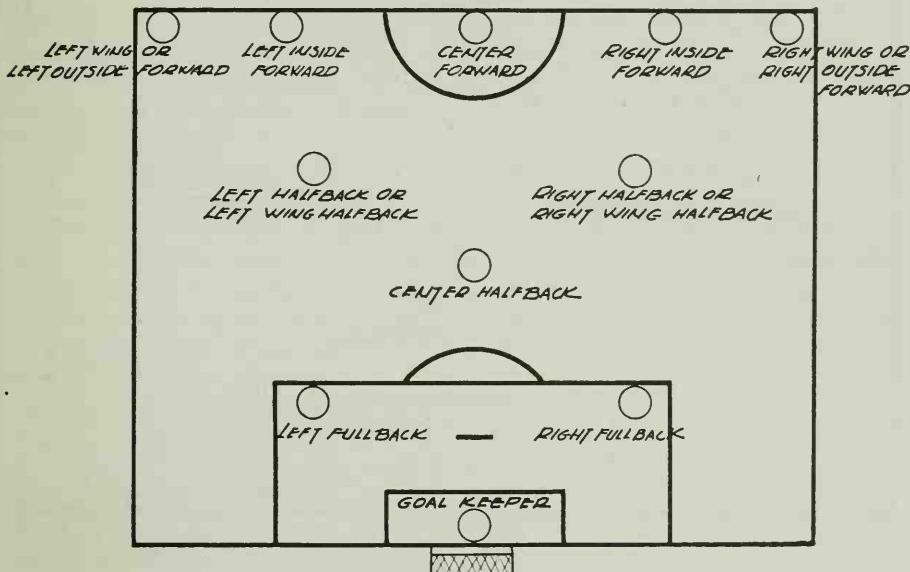


PLATE 56. Goal kick. (Note the fullback is in the goal while the goalkeeper takes the kick.)

## CHAPTER VII

# Analysis of Individual Positions

The players on a soccer team are called by the name which denotes their position at the start of and during the game.



b.

DIAGRAM 6. Positions of players on an eleven-man team.

The duty of the forwards is to attack the opponent's goal, therefore, they rarely play defensively unless the ball is in offensive territory. The duty of the halfbacks is to back up the forwards in their attack on the opponent's goal and to help defend their own. This makes them half offensive and half defensive players. The duty of the fullbacks is entirely defensive in that their sole duty is to protect their own goal. The goalkeeper aids them in this by staying close to the goal at all times. To enable the goalkeeper to protect the goal better, he is allowed to use his hands on the ball. He may catch it, throw it, or kick it.

The players on the Naval Aviation eight-man Soccer team are named in like manner. The team is formed by eliminating the center forward, the center halfback, and one of the fullbacks.

The only difference between the duties of the players on an eleven or eight-man team is that in the eight-man game the halfbacks play mostly defensive because of the short field, and the goalkeeper may play either offensive or defensive.

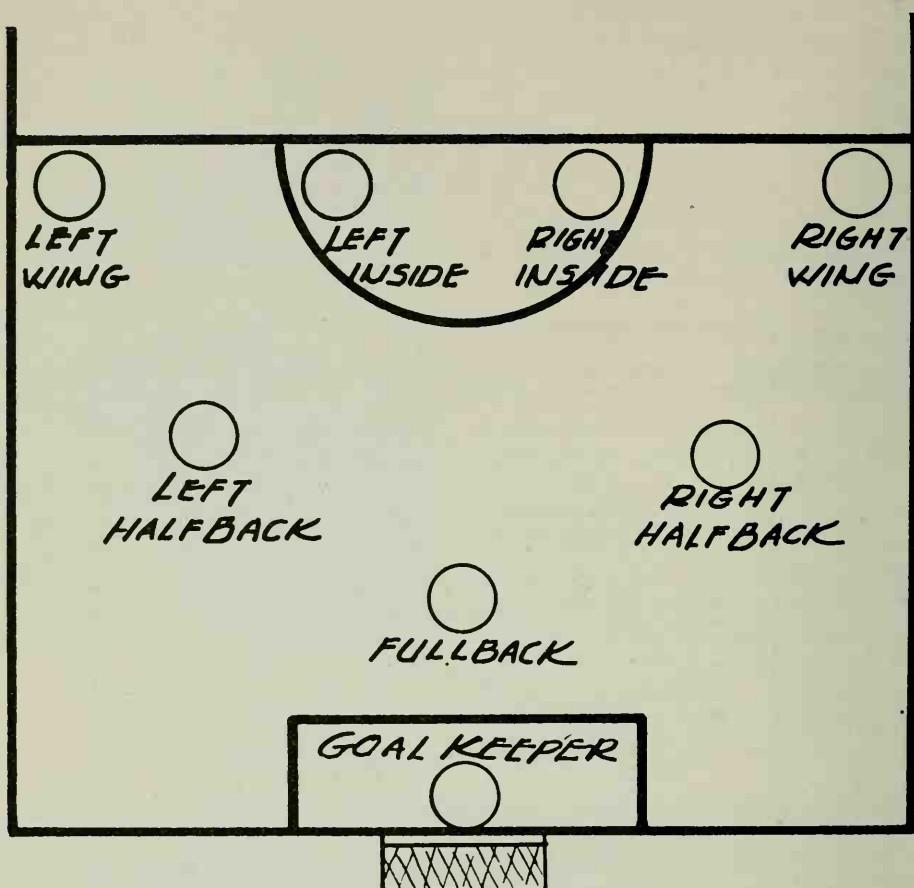


DIAGRAM 7. *Positions of players on an eight-man team.*

A quick method of selecting the first team for competition is to choose the *best players* and then to fill in the other positions with the *speediest runners*. If two players are of equal ability in handling the ball, then the faster one of the two, would be of more value in a game. Speed is never worth as much as skill but it is the next best substitute. A rough selection having been made on this basis, promotions or changes can be made as other players improve and earn a place on a squadron or station team. The advantage of this method is that the players can immediately start to learn each other's style and to develop team play.

The duties of each player will vary according to the type of team offense and defense; therefore, no attempt has been made to make them too specific.

#### GOALKEEPER

A good basketball player will usually make a good goalkeeper because he is used to handling a fast ball with his hands and his left hand has probably already had

some development. In cold weather the goalkeeper should be so dressed as to be warm, but the clothing must never be so heavy as to interfere with his efficiency. The goalkeeper must face the play while exercising to keep warm.

### **Position Play**

*On corner-kicks.*—He should play near the far goal post, as this puts the entire play in front of him and it is easier to run forward than it is to run backward.

*On penalty-kicks.*—He plays mid-way between the goal post with his toes on the line, unless he has specific knowledge of the opposing team's penalty kicker that would require another position. He should be well balanced with his weight on his toes, his feet parallel and 18 to 24 inches apart. The parallel position of his feet will enable him to get a quicker start sideways by bringing into play the abductors of the foot as well as the extensors of the knee and ankle. If the ball is coming to his left, his first step should be with his left foot. As he takes the step, he should turn his body to that side so that he can launch his body at the ball along the goal line.

*On shots from the field of play.*—If a line were drawn from each goal post to the ball, the ball would have to travel within this angle in order to score. (This could be called the angle of possibility.) The goalkeeper should take a stance facing the ball and slightly toward the short side of the angle rather than directly in the center of it. The reason is that most shots are made toward the near goal post, and as the ball travels a shorter distance on this side of the angle, the goal tender has less time to play the ball. He should handle the ball about one yard out from the goal line.

*When an opponent is dribbling the ball in alone.*—If there is no chance of help from the goalkeeper's backs, the goalkeeper should advance at once for six or seven yards, to narrow the angle of possibility and decrease the dribbler's chance to score. The nearer the dribbler gets to the goal, the wider the angle of possible shot. When the dribbler is coming in with a teammate to whom he might pass, the goalkeeper should fake coming out and then either try to intercept the pass or drop back to normal position.

*On opponent's free kicks.*—He should direct the backs as to how far out they should play and tell them to move provided they are obstructing his vision.

*On the defense.*—He should talk to his backs and tell them if a man is not covered, if they are out of position, and if he intends to play the ball he should call out this intention in a loud voice. Having the entire field of play in front of him, he can direct the backs when and how hard to pass the ball back to him. In general, he should be the director of the defensive play.

*There are only three times that a goal tender should leave his goal: (1) when he is positive that he can get the ball before an opponent; (2) on corner kicks when the ball is in the air and coming down in front of the goal; (3) in desperation to meet a dribbler, as mentioned above.*

The goalkeeper should always use his hands. He should kick the ball only as a last resort when he could not possibly get his hands on it in time to save a score.

As most goalkeepers can throw with a much greater degree of accuracy than they can kick, they should throw rather than punt. A punt would be indicated only when all teammates within throwing range are covered.

The goal should be cleared to the side or side-diagonal and not to the center of the field. Balls cleared to the center, present the opponents with the best possible shot at the goal.

### *Skills to be Mastered*

- Catching
- Throwing
- Punting
- Fisting
- Deflecting ball around side of goal, or over the top
- Two-hand dribble
- Dodging while dribbling
- Diving for ball
- Falling on ball
- Playing a slippery ball
- Taking goal kicks
- Defense against lone dribbler
- Keeping in the angle of possibility
- Proper stance and balance

## FULLBACKS

### *Position Play*

- He should not crowd the goalkeeper or block his view.
- know how far out to play opponent's offside on free kicks.
- check the wing on penalty-kicks.

*On corner kicks.*—When the kick is taken on his side of the field, he should play about two yards out from the goal line and opposite the near goal post.

When the kick is taken on the opposite side of the field, he should play on the inside of the opponents' wing forward.

### *When own team is on offense*

- He should come out as far as safety will permit but rarely beyond the center of the field.
- not be on a line with his other fullback.
- attempt to slow up the opponent's attack to allow his halfbacks time to get back in their defensive position.

### *When own team is on the defense*

- He should cover his assigned man or his assigned zone.
- be quick to tackle.
- *never pass across in front of his own goal.*
- attack cautiously so as not to be beaten. When beaten by an opponent, he should immediately shift to the defensive position of his teammate who has gone out to cover the opponent.
- drop back into the goal when the goalkeeper moves out to handle the ball.

### *Skills to be Mastered*

- Goal kicks
- Obstructing

Free-kicks  
Tackling  
Passing to goalkeeper  
Long passes and kicks  
Charging  
Trapping  
Heading  
Dodging

## HALFBACKS

The wing halfback, because his duties are both offensive and defensive, needs a great amount of endurance and courage to keep constantly hurrying the opponents. As he is in the best position to direct the play of the inside and wing forward on his side of the field he must be a good field general. A part of knowing where to direct the play is the ability to see the entire field of action in front of him; in other words, he must have field vision. As the halfback's shots are usually taken from at least sixteen yards out in the field of play, he must be able to make low power kicks.

### *Position Play*

#### *On offense*

Backs up line on attack  
Feeds ball to forwards  
Shoots if it looks as if he had an opening for a shot  
Sets ball up in front of goal

The halfback should be constantly looking for the opportunity to cross the ball to the opposite wing or to his own wing halfback. It is almost always good policy for the halfback to play the ball toward the opposite direction from which it came. The exception is when he is working a combination play with his own wing and inside. "Setting up the ball in front of the goal" is kicking the ball on a fly so that it will land about on the 6 yard line. It is used when the forwards are up near the goal and covered so that the success of a pass is doubtful.

#### *On defense*

Covers his own man or zone.  
Gives directions to other backs.

#### *On opponents' corner-kicks*

Covers the opposing inside forward.  
Plays between opponent and the goal.

#### *On own corner-kicks*

Backs up his line.  
Sets up partial clearances of opponents or dribbles in or shoots.

#### *On opponents' penalty kicks*

Obstructs opposing inside.  
Plays between his man and the goal or between his man and the kicker.

The purpose of the halfback after a penalty-kick is taken is not to rush toward the goal but to prevent the opponents' inside forward from following up the shot. This gives the goalkeeper a chance to recover the ball if he has fumbled or only partially stopped the shot.

*On own penalty-kicks*

Backs up line.

Is prepared to get back on the defense quickly.

*On own team's throw-in*

Usually takes the throw-in on his own side of the field.

Immediately after throw-in play gets into his normal position.

*On opponents' throw-in*

Performs assigned duty.

Looks to see where he will pass the ball if he gets possession of it.

*On own free-kicks*

Takes the kick if in his half of the field.

Covers his own man or zone after kicking.

*On opponents' free-kicks*

Covers the inside forward.

Plays opposing forwards' offsides.

**Skills to be Mastered**

Throw-in

Free-kick

Dribbling

Tackling

Charging

Calling for ball

Setting ball up

Feinting and dodging

Heading

Trapping

Passing

## CENTER HALFBACK

**Position Play**

*On offense*

Backs up line.

Directs play of line and halfbacks.

Sets ball up in front of goal.

Shoots if opportunity presents itself.

*On the defense*

May cover opponents' center forward

Plays between center forward and goal.

Directs play of his own backs and line.

*On opponents' penalty-kicks*

Covers opposing center forward.  
Plays between his man and the kicker

*On own penalty-kicks*

May take the kick.  
If not, backs the play.

*On opponents' corner-kicks*

Covers opposing center forward.  
Plays between his man and the goal.

*On own free kicks*

May take kick in offensive half of field.  
If not, backs play of line.

*On opponents' free kicks*

Covers center forward.  
Helps pull opponents line off-side.

**Skills to be Mastered**

Same as for other halfbacks except throw-in.

### SUGGESTIONS FOR ALL BACKS

There are times when backs should dribble, and other times when they should not. The back should not dribble when the ball is in his own penalty area, as the opponents are too likely to secure the ball in a favorable position to shoot. If it is necessary in order to get the kick away, the back may dodge an opponent, but that should be the extent of his dribbling in this dangerous territory. The halfback should not dribble in his own half of the field if one of his forwards is in position to receive a pass unless there is no opponent near him, and the opposing backs will retreat as he and his forwards advance. He should dribble in the offensive half of the field until he has drawn an opponent to himself when his forwards are all covered.

A back should not head the ball unless he has a good idea of where he is heading it. Usually fifty per cent of the balls headed go to the opponents. Heading by the backs is worthwhile if: (1) it is used as a pass to a teammate who is in the open; (2) it is in front of his own goal and the heading is to prevent the opponents from a scoring chance; (3) it is headed to a place where he can get it himself. Beginners cannot head a ball as far or control it as well as they can kick it with their feet.

Backs should constantly keep in mind that they are trying to prevent the opponents' forwards from getting the ball into a favorable position to shoot. With this in mind they should so tackle or place themselves as to prevent the forwards from dribbling the ball toward the center of the field. In other words, they should force the man with the ball toward the side lines and not allow him to cut inside of them toward the goal. In keeping with this idea of keeping the ball away from the center of the field, the backs will always attempt to clear the goal toward the side line, to

take goal kicks toward the side lines, not to pass the ball across in front of the goal, and not to dribble in the penalty area.

The ability to anticipate the play of the opponents can be developed only by the back himself. When he learns this important ability, he will find that he not only improves as a player but also uses up much less energy. It can be developed by trying to see the opponents' attack as a whole and making mental notes of the system employed, and by "thinking smart." If the player will do this in every game, he will sooner or later develop the habit of anticipating the play of the opponents.

Whenever the goal is cleared, the backs should immediately move out from the goal. This causes the forwards to move out or become off-side and gives the goalkeeper a chance to see the ball. They should keep moving out and as far out as it is safe to do so. How far out it is safe to move depends upon the distance and accuracy of the kicks of the opponents' halfbacks and the relative speed of the opponents' forwards and the player's backs.

Backs should learn that "*one pass is worth two kicks*," which is based upon the premise that a team must gain the distance of the field with the ball in their possession before they can get a chance to score. A pass is a sure gain of ground, while a kick is only a hope, with the odds being even as to whether their team or the opponents get the ball.

Jumping in the air to block a kick is one of the weaknesses of a beginning back and one of the most difficult habits to break in a player once it is established. The reasons for not jumping are: (1) it is a foul to jump at a player; (2) when off the feet the body is out of control, there is no chance for protection and injury is likely; (3) invariably when the player jumps, the ball will go under his feet.

On corner, penalty, and free-kicks near the goal the back best serves his team by obstructing his opponent's efforts to get to the ball. When the ball is coming toward him, he plays it, but if it is going to be played by the goalkeeper, he must give the goalkeeper a chance at the ball by delaying the opponents' attempt to converge on it. It is disconcerting enough to the goalkeeper to have all the attack rush at him, without having his own men add to this by also all rushing for the ball.

The situation sometimes arises when one of the fullbacks secures the ball and, hurried by the opponents in defensive territory, has no chance of passing to a teammate, in which case it is sound strategy to kick the ball out of the field of play. This situation has given rise to such expressions as, "When in doubt, kick out," and "It is a wise back who knows his own side lines." It is also good defensive soccer to kick the ball over the side line when the defense is out of position or disorganized. While this gives the other team a throw in, it allows a team to organize their defense.

Fullbacks should attempt to slow up the attack so as to allow the halfbacks time to get back on the defense. When the forward with the ball is very deceptive and is likely to beat the back's attempt to tackle, the back can slow him up by retreating slowly while facing him from a distance of four or five feet. None of the forwards' tricks will work from this distance and the back is still near enough to tackle him if he should lose control of the ball momentarily.

When the backs are in position, they should not attempt to slow the attack by waiting tactics, but should immediately become aggressive. Now their object is to prevent the attack from getting set by hurrying the opponents. The sooner they

stop the attack the better. It is best to stop the attack before it comes within shooting distance of the goal. Inexperienced backs have a tendency to race for the goal to defend it whenever the opponents launch an attack. This plays directly into the hands of the attack by allowing them to bring the ball easily up to within scoring distance.

In marking a clever forward the back should keep in mind that his chances to stop him are better if he can keep the ball from him or can keep him from getting control of the ball. Therefore, the back should mark him closely and be constantly "under his feet."

One of the fullbacks must cover the goal every time the goalkeeper leaves it to take goal-kicks, to go after corner kicks, or to advance with the ball.

The backs must decide in the case of all free kicks in defensive territory on how far out to play the opponents off-side. If they play too far out, a kick over their heads gives the forwards a chance to break through for a possible score. When they play too far back, a well-placed kick will still give the opponents a chance to score. A workable rule to help the backs make their decision is: play them just far enough off-side so that a kick over-head can be handled by the goalkeeper.

## WINGS (OUTSIDE FORWARDS)

If the wing does not have a strong kick with each foot, but is one-footed, it depends largely on the style of offense which wing position he should play. When the attack calls for the wing to do much shooting, the right-footed player should play the left wing; when the attack calls for the wing to center the ball and shooting is incidental, the right-footed player should play the right wing.

The wing must have good judgment to make the correct decision as to whether to center, pass the ball, or to shoot. He should never be undecided and thus half center and half shoot, as this usually means that the ball misses the far goal post and goes over the goal line.

### *Position Play*

#### *On offense*

Plays near side line.

Closes goal when deep in scoring territory.

Major duty is to carry ball deep into scoring territory and center.

If the wing plays close (one yard) to the side line, he is in a better position to receive a pass, because he spreads out the defense and fewer bad passes will go out of bounds since he has more time to get to the ball.

When the wing receives a pass, he should start the attack with all possible speed in order to "get the jump" on the defense. Fractions of seconds count and may make the difference between a successful attack or being "stopped cold" at midfield. Therefore wings should learn to use the deflection foot trap in order to receive a pass and start a dribble in one move. Only when closely covered by a back should the wing ever trap a pass or deflect the ball toward his own goal.

As the play nears the opponent's goal he should cut in so as to close that end and be in a position to shoot provided the ball comes through to him. He should get as near the goal as possible and still be on-side, so that if a shot at goal is taken, he can cut-in to prevent the shot from going wide of his goal post. He should

attempt to center the ball low and hard, and should aim at the 6 yard line. A low hard center is quite likely to hit an opponent and go into the net. The goalkeeper has no chance to catch this type of center, especially if it is 6 yards out. A high center will be handled by the good goalkeeper even as far out as six yards.

#### *On defense*

- Rarely goes into defensive half of field. Waits around center line for pass.
- May mark opponent's wing on throw-in near midfield.
- May go back to receive throw-in from own halfback or to meet a pass.

#### *On own penalty-kicks*

- Usually plays just outside penalty area on the side.
- Takes rebounds, and centers or shoots ball.

#### *On own corner-kicks*

- Usually takes kick on his side.
- Closes goal when kick is from other side.

If on a penalty kick the wing plays from the side of the penalty area and the fullback does not play nearer the goal, the wing is in an off-side position. He should start in when the kick is taken and continue in if the goalkeeper partially stops the ball; but if the ball hits the cross bar or goal post and rebounds, he should stop, turn his back on the play, and move back toward the side lines. Provided he does this, few referees will rule that he is interfering with the play or with an opponent.

When corner-kicks are taken from the far corner, he should be about 2 yards out from the goal line and on the goalkeeper's area line. His duty is to prevent the ball from coming through his territory, and whether he can best do this by closing in on the ball or holding his position must be left up to his judgment. In general, if he cannot get his head on the ball as it comes from the corner-kick, it is best for him to hold his position until he can see where the play will be next.

#### *Skills to be Mastered*

- Dribbling
- Feinting
- Change of pace
- Pivot-power-kicking.
- Passing
- Shooting
- Corner-kicking
- Heading-down

The wing should learn to dribble the ball with the outside of his foot nearest to the side line. This has the advantage of keeping his body between an opponent and the ball, and will often cause an opponent to play the ball over the side line when he tackles.

On corner kicks the wing should aim at the 6 yard line as (1) few goalkeepers will come out this far because of the number of players in their way; (2) it allows the wing to miss his target by 6 yards and still keep the ball on the field. It is better to kick too far than to kick short of the center of the goal. The ball should come in fast and not too high, i.e., not lofted. The corner kick should be a pivot

power-kick. Whether the ball curves away from or toward the goal is not as important as to be sure that it stays in the field of play. Allowance should be made for the wind. When it is blowing strongly toward the goal, it is safer to kick a ball that will curve against the wind.

## INSIDE FORWARDS

### *Position Play*

#### *On offense*

Plays between and slightly back of wing and center forward.

Sets up plays

Is careful not to be so far forward that ball is centered behind him.

As the most important duty of the inside forward is to set up plays, he should always attempt to think one move in advance. In other words, he should be constantly asking himself what he should do when the ball comes to him. This calls for always knowing the positions of the other players. Once a player develops this habit, he will not have to stop to think what to do with the ball after he gets it and will not thus give the defense a chance to get set.

Nothing is more annoying to a wing than to see a perfectly centered ball go behind his inside forwards and out to the other side of the field, as happens when the inside forwards in their eagerness to get near the goal, move up even with the center forward and into the goal area. It is better for the insides to be back too far than in too close, for they can always move in by a burst of speed and are then in position to shoot.

#### *On defense*

May cover opponents' wing halfback.

Must be ready for fast break offensively.

#### *On own corner-kicks*

On a kick from the far corner plays opposite goal post; on a kick from the near corner plays 2 yards toward center of goal, 6 to 8 yards out from goal line.

Heads ball down into goal whenever possible.

#### *On opponent's corner kicks*

May cover opponent's wing halfback.

Starts attack by passing to wing or center forward.

#### *On own penalty kick*

Plays near kicker.

Follows in quickly for rebound.

#### *On opponent's penalty kick*

May cover opponent's wing halfback.

Plays between his man and the kicker.

*Skills to be Mastered*

Passing  
Dribbling  
Heading  
Shooting  
Trapping  
Feinting  
Tackling

**CENTER FORWARD***Position Play**On offense*

Leads the attack and sets up plays.

Plays center of offensive half of field from center line to goal.

Plays even with wings when attack starts.

Receives "centers" from wings, and shoots for goal.

When his team is on the defense he stations himself just on-side and is ready (1) to go to an open place to receive a pass from his own players, or (2) to prevent the opponent's fullbacks from getting a loose ball and setting it up.

*On defense*

Usually has no defensive duties except to cover any loose balls around mid-field.

May cover opponent's center half when half is dribbling ball up field.

*On own penalty kicks*

May take the kick.

When he doesn't take kick, plays as close to kicker as possible, ready to go in for rebounds.

*On own corner kicks*

Plays in front of goal, on 6 yard line, ready to play kick for goal.

May screen or obstruct goalkeeper.

If the center forward is to screen or obstruct the goalkeeper on corner-kicks, when the kick is taken he must go toward the place where the ball is going to land, so as to be "on-side" when it is played.

*Skills to be Mastered*

Shooting  
Trapping  
Passing  
Dribbling  
Heading  
Penalty kicking  
Pivoting and feinting  
Tackling

## SUGGESTIONS FOR ALL FORWARDS

To score is the ultimate object of all forwards. When the forwards outnumber the opponent's backs, the attack should be pressed with all possible speed. In other words the forwards, even the wings, should not hesitate to leave their normal position when by so doing they can speed up the attack.

If a wing has a chance to dribble the ball toward the goal, he should do so, rather than toward the corner flag. This will cut down the length of his centering kick to almost a pass and will permit greater accuracy.

A forward should not try to dribble past two backs in succession. When he has only one back to beat, he is justified in trying to do so alone, provided he will then be in a favorable position to shoot for the goal.

Forwards should know and constantly practice feints. The use of a pivot or feint will often gain for the forward that step or fraction of a second that is necessary in order for him to get a pass or a shot away, and often makes the difference between keeping or losing possession of the ball. It disturbs the opponents and makes them more cautious. Inexperienced players often try to kick the ball through an opponent. The impossibility of this must be brought to their attention, and they must be taught to pass around or pull the ball to the side of the opponent before kicking.

When the ball is in the air in front of the goal, the cadet should attempt to head it down whether shooting for the goal or not. When the ball is on the ground in front of the net the goalkeeper's vision of it is at least partially obscured. If it is in the air, the goalkeeper always has the chance to get his hands on it, and he can see it plainly. The chances of scoring a goal are better when the ball is headed down, since it takes the goalkeeper a fraction of a second longer to field a low ball.

A shot from near the goal is an attempt to pass the ball by the goalkeeper and not to kick it through him. Power is not nearly so important as accuracy. It may be more fun to blast the ball into the net, but this tendency has caused many players to miss certain goals.

Many goals from close in are missed because players hesitate on chest-high balls, trying to decide whether to use their foot or their head on the ball when neither should be used. The ball should be played off the chest into the goal. It is well to remember that the ball can be trapped, as well as kicked, into the goal.

When the ball is in front of the goal and within scoring range, it should not be passed out to the wing. When the forwards are all closely covered, and there seems no chance for a shot, a pass back to the halfback is indicated. He can keep the ball in the center and either dribble in and pass or shoot. If it is the halfback's intention to shoot, the forwards should help him by drawing the opponents away from the mouth of the goal.

Forwards must keep positioning themselves so as to receive a pass. When marked they should attempt to either get away from their marker into an open space or play between their marker and the ball. When they are not marked they should get in an open space. Always come to meet the pass, if opponents are near or the pass is slow.

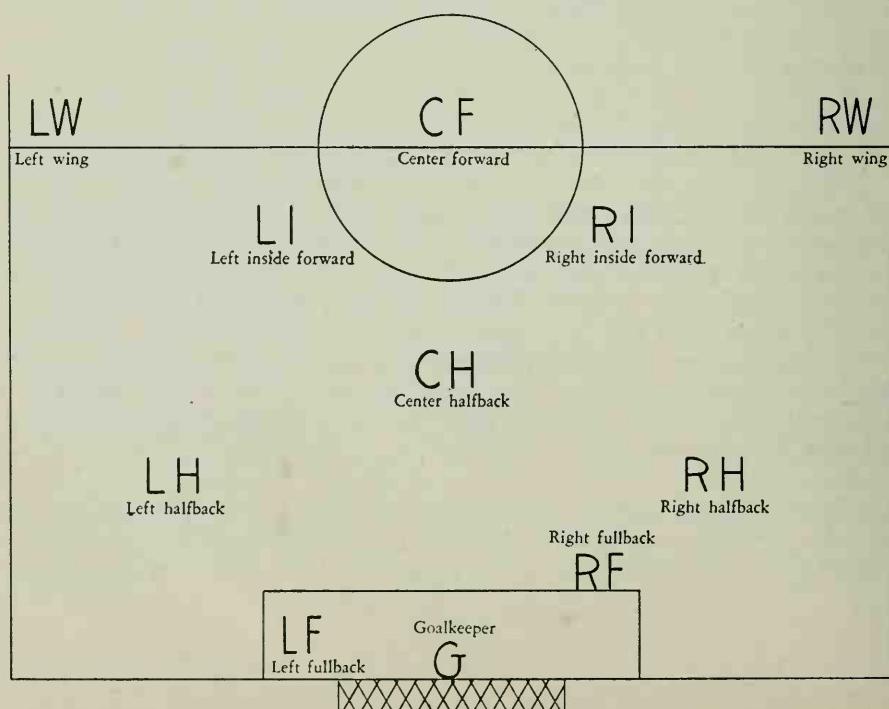
*Forward lines are as good as their teamwork.*—Poor forwards working together are often better than good forwards working alone. The forwards with the backs should give directions to each other. The attack will be as good as the directions

given and accepted. The forward with the ball should not be forced to accept full responsibility for it. He should be informed by his teammates when a player is approaching from behind, when and where to pass, when to dribble or try a trick, or when to shoot. The other part to the giving of directions, if good teamwork is to be obtained, is the acting upon them. Together these tend toward good team play, alone they do not.

In general, it is the wing's duty to advance the ball, and close the goal, the inside's duty to help in the advancement and to shoot, and the center forward's to set up plays and shoot. However, when the opponent's backs gain possession of the ball in the offensive half of the field the forwards should make every effort to take it away from or to hurry them.

#### LEGEND FOR DIAGRAMS

	Fly ball (kicked or thrown)
	Bounding ball
	Shot at goal
	Rolling ball
	Run
	Dribble
	Attacking player
	Defending player
	Ball



## CHAPTER VIII

# Game Situations

As ball control is the summation of all the skills of manipulating the ball, so the game itself is the summation of all the plays or situations occurring in it.

Similar game situations occur in Naval Aviation Soccer as in the International game. While the rules of International Soccer have been modified to fit the Naval Aviation Soccer games, full consideration has been given to description of team fundamentals of the regulation as well as the modified games. The plays described in this chapter may be used in either of the three games by making a few additions or subtractions of the movements and personnel. The instructor should prepare his material accordingly, and when using eight-man Naval Aviation Soccer, be aware of the shortage of men and player situations that the game entails.

### Starting a Game

Before the start of a game the captains of the teams playing meet at the center of the field to toss a coin. The winner of the toss has the option of choosing which goal he will defend or the kick-off. If he choose the goal, the opposing team kicks off. If he choose the kick-off, the opposing team has the choice of which goal they will defend. The game is started by a kick-off from the center of the field. The ball is kicked off when it has turned over once in a forward direction. On the kick-off all players must be in their own half of the field and no opponents may be nearer than 10 yards to the ball. As soon as the kick is taken, players may move into the opponents' half of the field. The teams then alternate in kicking-off to start the three ensuing periods of the game. In case of a score, the team scored against re-starts the game by a kick-off. Kick-off plays are designed to retain possession of the ball and to advance it toward the opponents' goal.

### Kick-Off

*Offense.*—The center forward kicks off to the right inside, who passes to the

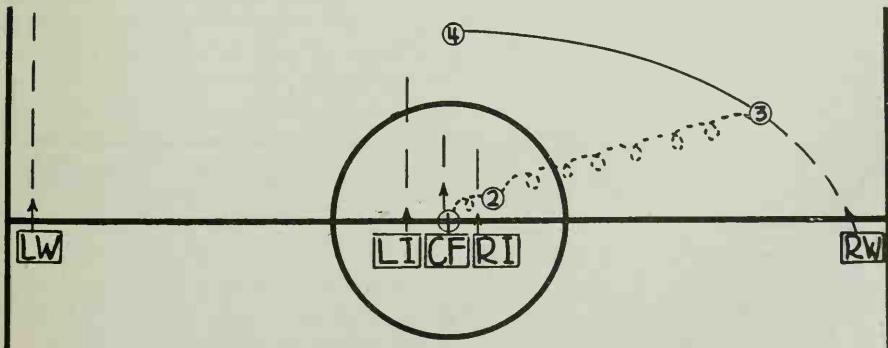


DIAGRAM 8. A kick-off play involving the forwards.

right wing. The right wing dribbles in until he draws a back and then crosses the ball to the other side of the field or to the center forward. The right inside might pass to the left wing or straight ahead to the center forward. As soon as the ball is touched by the center forward, all forwards except the inside that the ball is passed to sprint down the field.

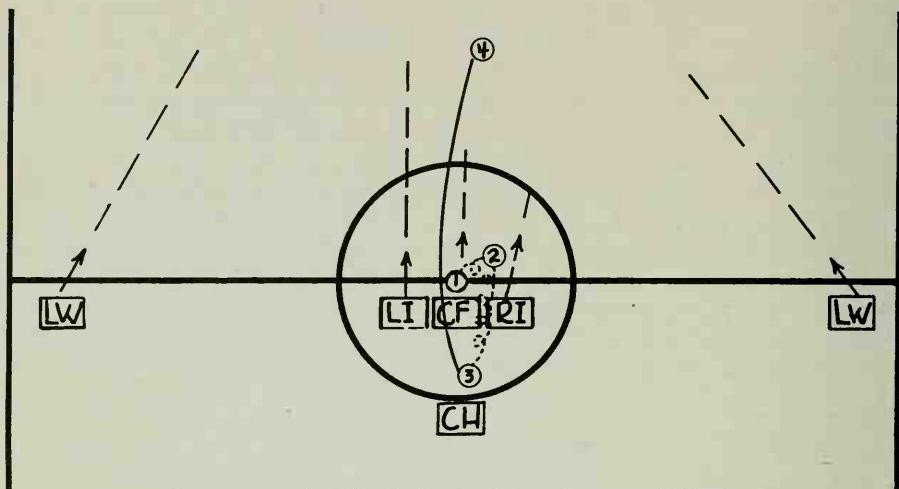


DIAGRAM 9. *A kick-off play involving the center halfback.*

The center forward passes to the right inside, who passes back to the center halfback. The center half makes a long kick down the field. The wing forwards cut in to help the left inside and center forward receive the ball. The success of the play hinges on getting four forwards and the ball down the field in territory guarded only by the fullbacks.

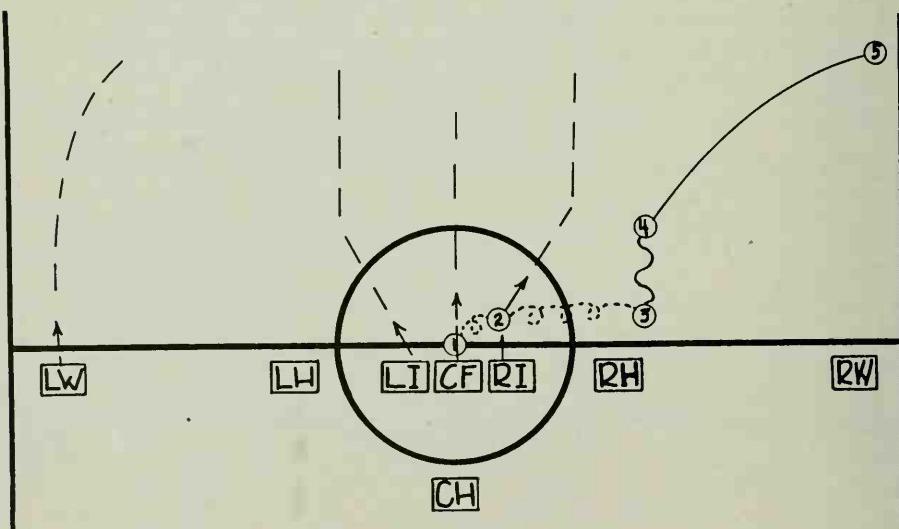


DIAGRAM 10. *A kick-off play involving the wing halfback.*

The center forward passes to the right inside, who passes to the right halfback. He dribbles forward until a back is drawn to him and then passes to the right wing, who centers.

The right inside might pass the ball back to the center half, who would then have the choice of passing to either wing halfback, the same play continuing from that pass.

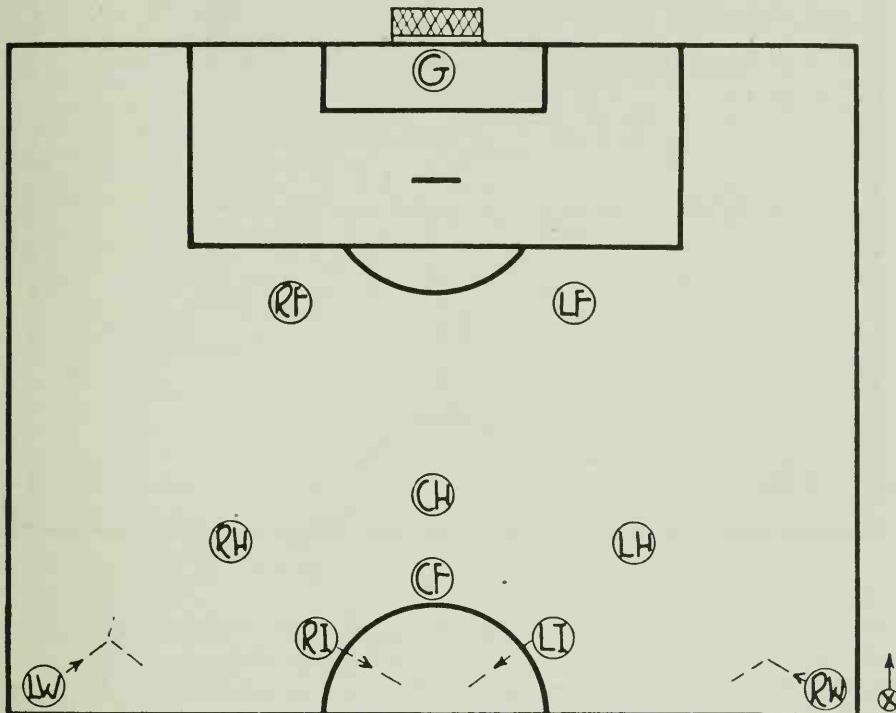


DIAGRAM 11. Defense on kick-off.

**Defense.**—The inside forwards rush in to break up the play or to hurry the opponents so that they may make a bad pass. When the ball is passed back to the center halfback, the inside forwards follow the ball back to block the kick. The center forward holds his position to break up any play through the center, and the wing forwards drop back slightly to cover the opponents' wing forwards and prevent their receiving a pass. The halfbacks mark the center and the inside forwards as they come through the forward line. The fullbacks hold their position until the play becomes apparent and then move to mark their men or to cover their territory. In case of a long kick up the center the fullbacks can pass to the goalkeeper and let him clear the ball.

**Variation.**—The center forward moves in one or two steps and then stops to break up any play through the center. The left inside comes in fast from the center line to hurry the play if the kick-off is made to the opponent's right inside. The right inside does the same to the opponent's left inside, but his approach is more

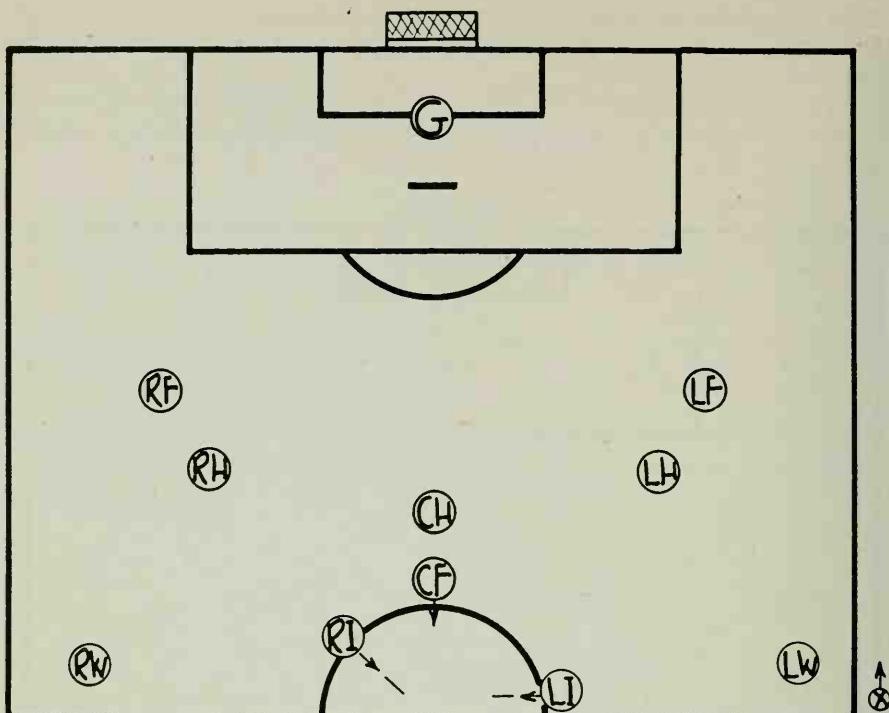


DIAGRAM 12. Variation of kick-off defense.

from the front. The wing halfbacks cover the space between the center and inside forwards. The center-half backs up the center forward. The wing forwards cover the opponent's wing forwards by lining up ten yards away from the center line, and preventing the opponent's wings from cutting in for a pass.

#### **Throw-In**

When the whole of the ball passes over the side line, either on the ground or in the air, it is out of play. The ball is put into play at the point it left the field by the team opposite from the one that last touched it before it went out by means of a throw-in. At the moment of delivering the ball the thrower must stand with a part of each foot on or outside of the side line, facing the field of play, and throw the ball with two hands over his head. The player making the throw-in may not play it again until it has been touched or played by another contestant. A goal may not be scored directly from the throw-in.

This situation is an important one to practice, both because it occurs frequently in a game and because it is an important ground gainer and may lead to a scoring chance. As the type and object of throw-in will depend largely on the place from which the ball is to be thrown, and as the defense is somewhat dependent upon this, for discussion, the field will be divided into three sections.

Signals should be used to indicate the throw-in play. The players taking the throws in the defensive and offensive parts of the field must be careful not to make

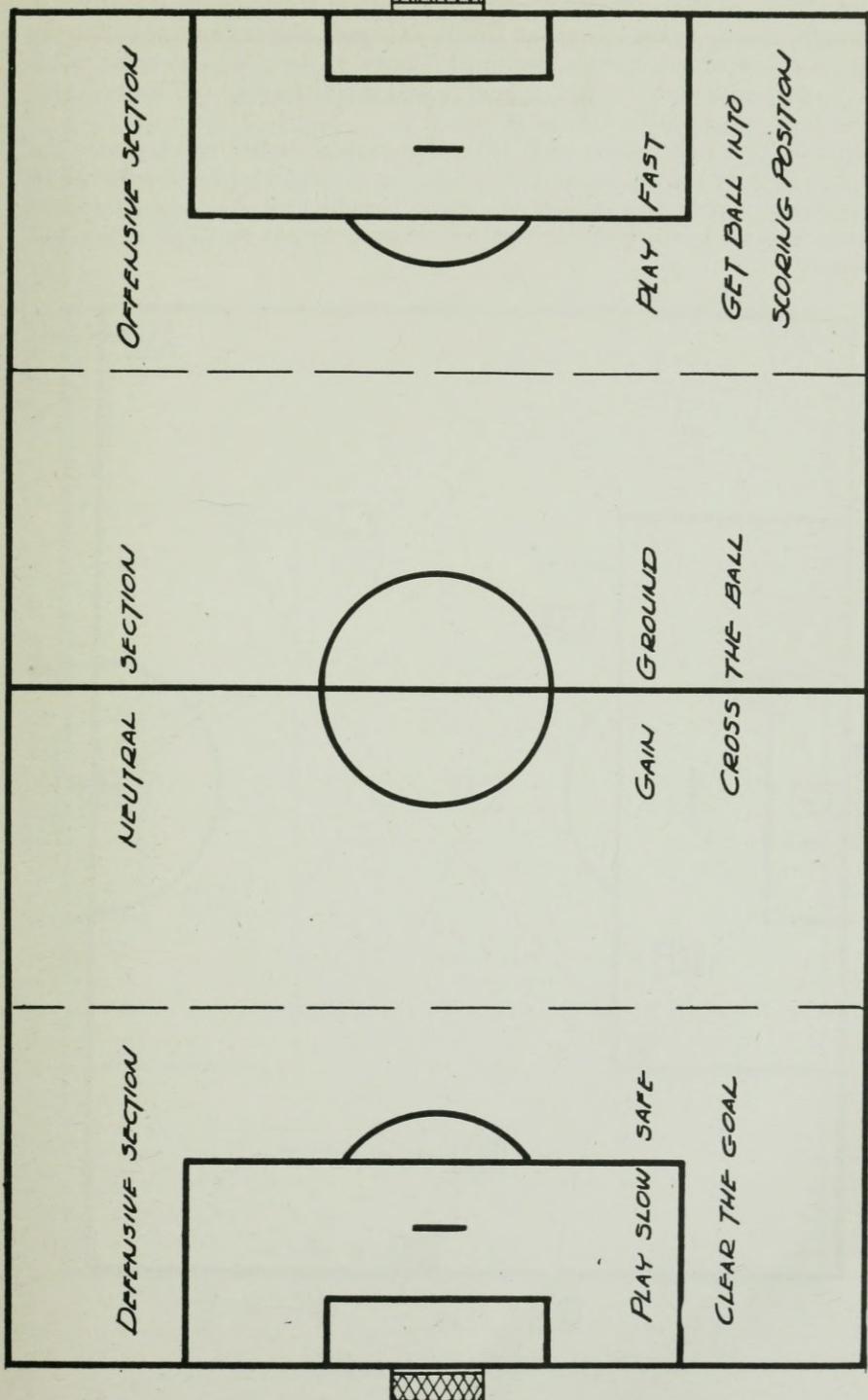


DIAGRAM 13. Throw-in zones and suggestions.

illegal throws, as these are very costly. When the ball is improperly thrown in, it goes to the opponents for a throw-in. Usually it is good play to cross the ball to the opposite side from which it is thrown-in. Throws to the wing should be to his feet; to the inside forward, feet or head; to the center forward and halfback, the feet or head; to the fullback, the feet.

*Offense (Defensive Section of Field).*—The purpose of the team throwing the ball in is to move the ball from defensive to offensive territory. To lose the ball to the opponent is dangerous, and for this reason the play used should be a safe one. Caution is needed, which means that the throw-in should be taken slowly and deliberately.

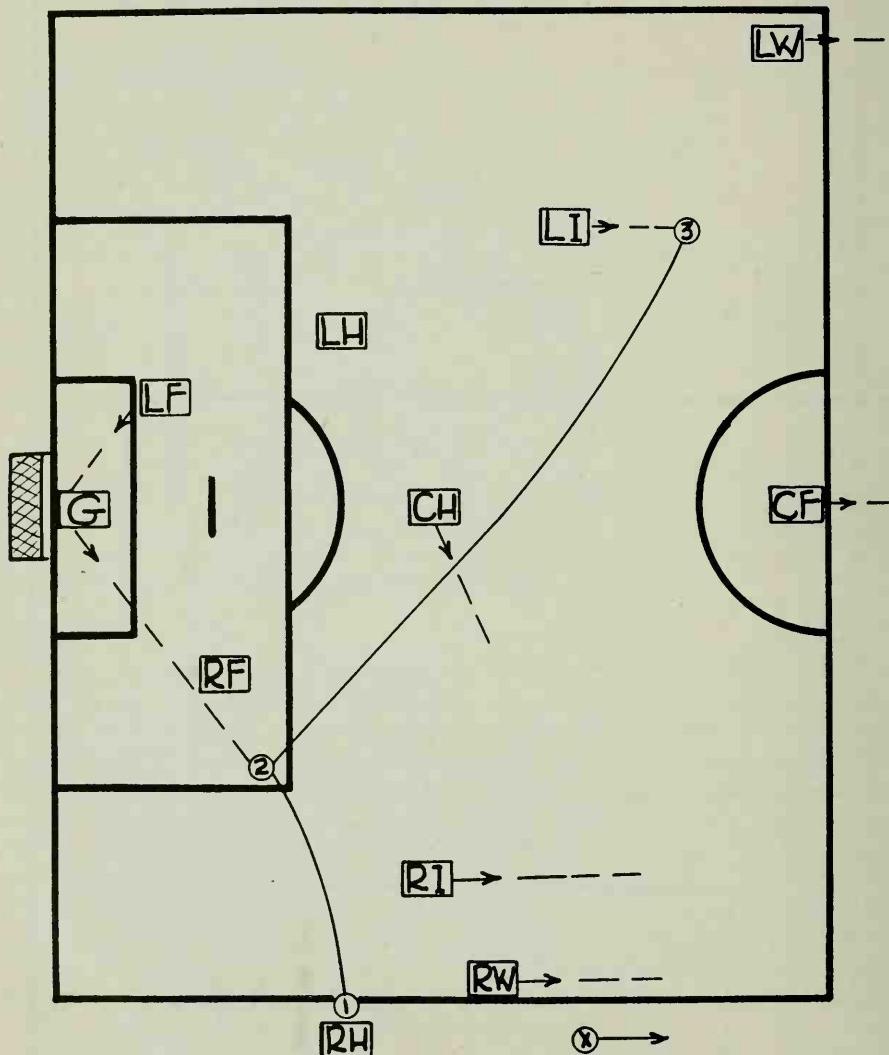


DIAGRAM 14. Throw-in to goalkeeper.

A throw to the goalkeeper is the safest and the greatest ground gainer and should be given first choice. The success of the play depends upon the ability of the forwards and the center half to decoy the opponents away from the penalty area. The right half taking the throw should feint a throw to the wing before throwing to the goalkeeper. The goalkeeper punts or throws the ball to the opposite side of the field. One fullback comes in to cover the goal and the other backs up the goalkeeper. If one of the opponents comes in to cover the goalkeeper, the throw might be made to the man thus left unmarked. The next safest play is a long throw to the wing or inside forward, thus keeping the ball away from the center of the field.

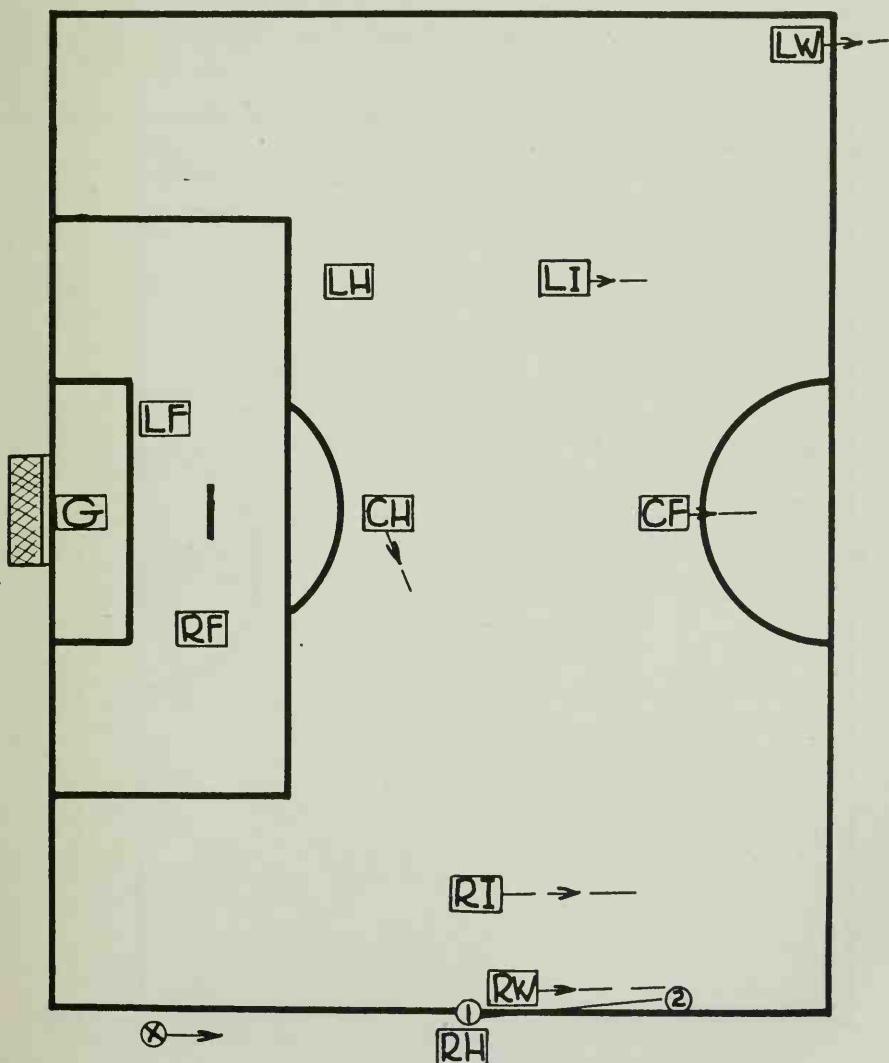


DIAGRAM 15. Throw-in to wing.

*Variation.*—The throw is made to the feet of the wing and between the wing and the side line. A throw to the inside may be made to either the head or the feet. If the throw is to the wing and he beats his opponent, he may continue down the side lines; otherwise, he should cross-pass to the center or opposite forwards. The inside forward, usually in a crowd of players, upon receiving the ball should immediately cross it or pass it to his own wing forward.

A throw to the center forward or halfback is dangerous and therefore seldom used.

*Defense (Defensive Section of Field).*—A man-for-man defense is the advisable type, as the throws are made to individuals and zones are too numerous to cover adequately. The defensive players should attempt to keep one step ahead of and on the inside of the men they are marking.

As the forwards are always available in this territory, they should be used to mark the opponent's forwards closely.

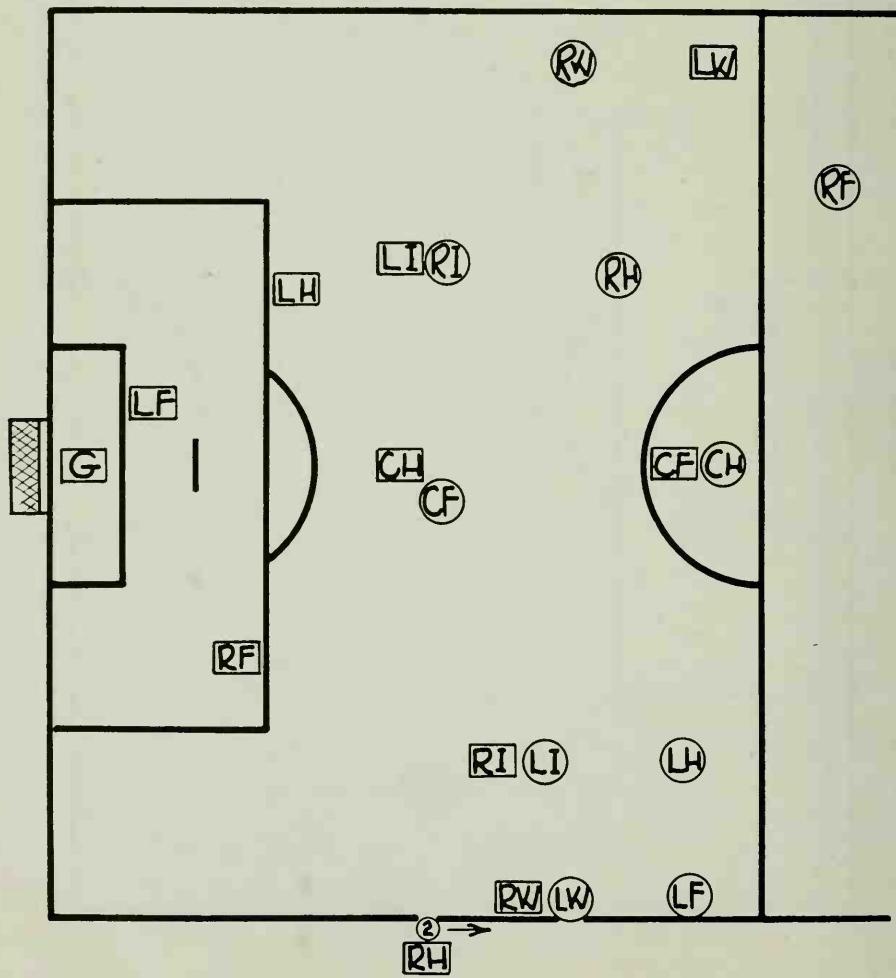


DIAGRAM 16. Throw-in defense using forwards.

The exceptions are that the center forward marks the opponent's center half, and the wing on the opposite side of the field gets in the clear to receive a pass. The left half and the fullback act as a secondary line of defense and are in position to handle any extra long throws. The wing on the side of the throw marks his man closely but leaves him and covers the player making the throw as soon as it is evident that the ball is not coming to his man. If the goalkeeper leaves his goal, the inside forward goes in to mark him and the left half covers the opponent's inside forward. The fullback on the opposite side of the field places himself to intercept any cross field pass.

*Offense (Neutral Section of Field).*—The purpose here is to gain ground and to retain possession of the ball. As this territory is not dangerous, more players can be called into the play, making a greater variety of plays possible. Passes should be of the shorter rather than the longer type and should be taken promptly.

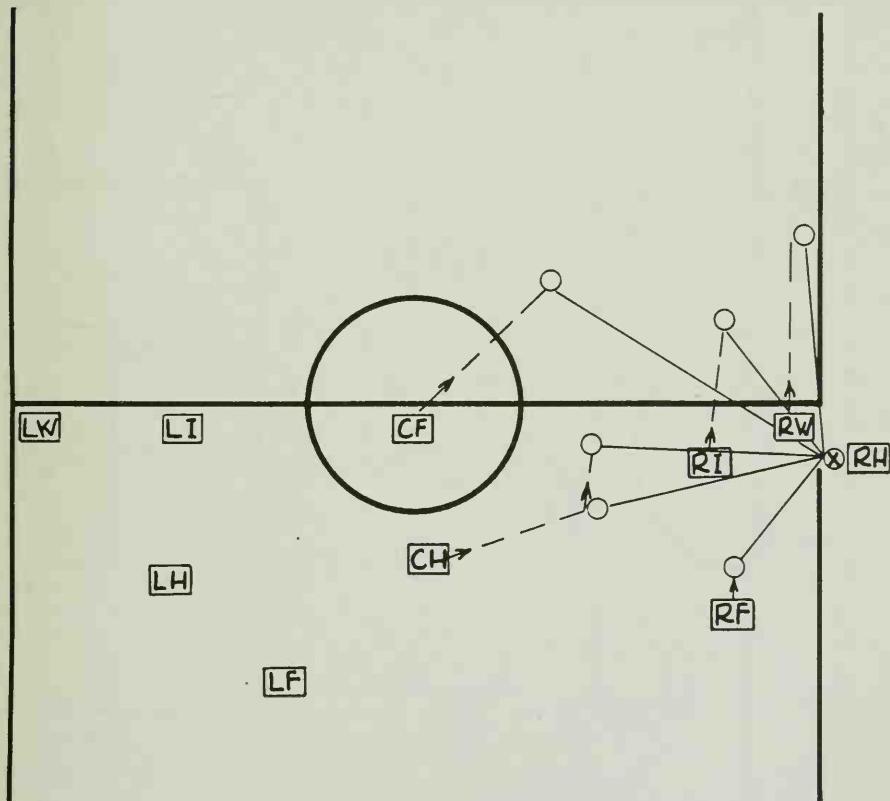


DIAGRAM 17. Possible receivers of the throw-in.

A throw may be made to the wing as in Diagram No. 15, or it may be made to the center or inside forwards. It may be made to the center half, who either passes up to the center forward, crosses to the opposite wing or inside, dribbles up field, or passes back to the right half. When opponents are all decoyed away from

the fullback, the throw could go to him, in which case, the center half should start toward the ball but veer away so as not to block the fullback's reception of the pass.

If the throw is to the forwards, they should work the ball up the field by short passing unless the defense has left the opposite wing forward open for a long pass to the corner. In case the throw is to the backs, they should start a dribble until an opening for a pass appears.

*Defense (Neutral Section of Field).*—When the throw is to be taken from around midfield, the forwards can be used to mark the opponent's forwards as in Diagram No. 16. If the throw-in is too far back of the midfield line and the wing is used to mark the wing, it weakens your offensive strength. In this case the wing could mark the one making the throw to prevent his getting a return pass and also could hustle the fullback should the throw be made to him. Diagram No. 18. The left half is ready to play a long throw or to back up the fullback and inside forward.

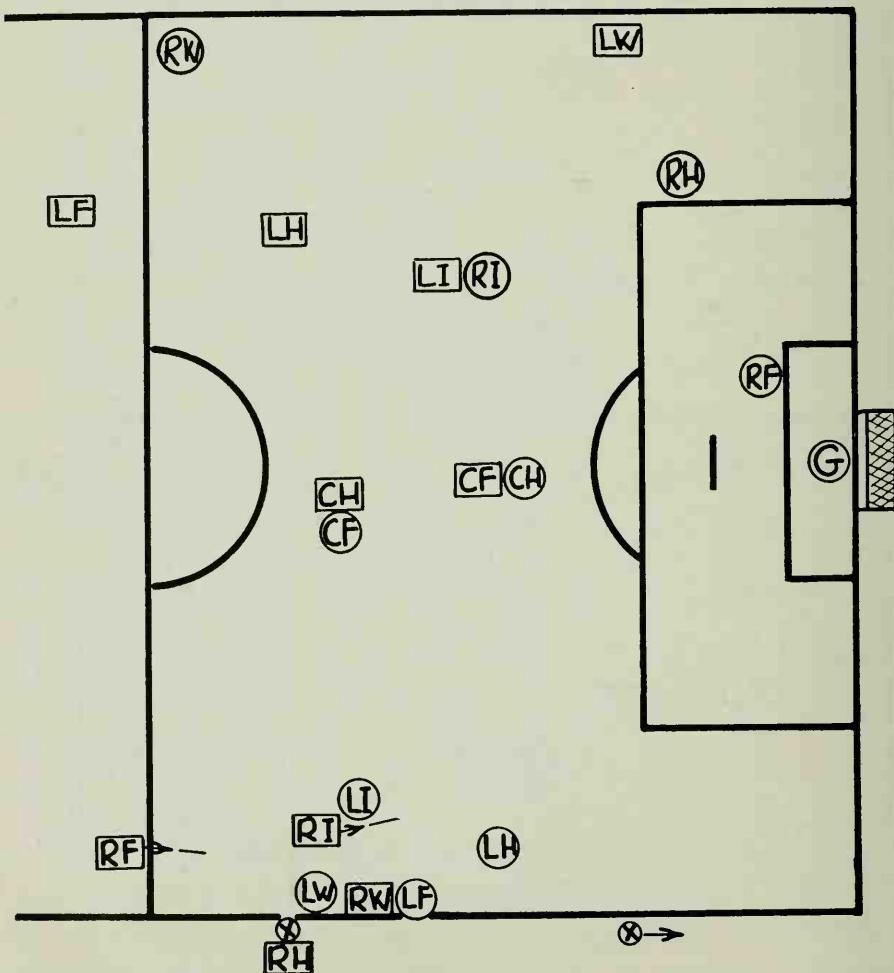


DIAGRAM 18. Throw-in defense neutral section.

The right fullback moves over to mark any opponent breaking through, while the right half guards against cross passes to the far corner.

*Offense (Offensive Section of Field).*—The object in this territory is to get the ball into scoring position. Therefore the ball must be put into play quickly and before the defense can get into position to defend against the throw. In order to accomplish this the throw is often made by the wing forward or in some cases by the inside forward. The throw is made to any player open to receive it, preferably the inside and center forward. When the defense is set before the ball can be recovered for the throw, then a return pass to the thrower is probably the best play.

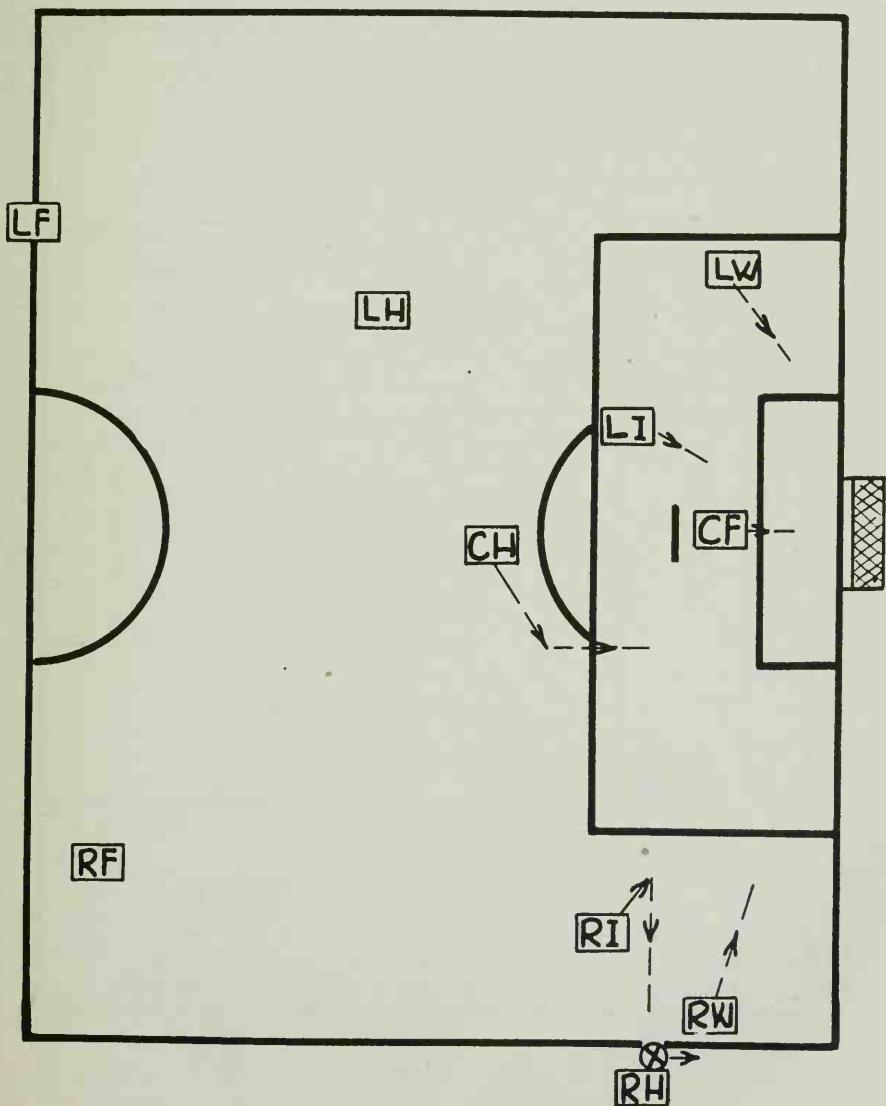


DIAGRAM 19. Pass back to thrower.

The ball is thrown to the inside forward, who starts toward the goal and then cuts back toward the side line. He receives the ball on his chest and plays it back to the thrower, who sets the ball up to the far side of the goal or dribbles toward the corner and centers. The wing must decoy his marker away from the play by calling for the ball and running toward the goal. The center half moves toward the throw and then up into the place vacated by the inside forward. Alternate plays from this setup are throws to the wing, center forward, center halfback, or to a clear place near the mouth of the goal.

*Defense (Offensive Section of Field).*—When the defending team is ahead,

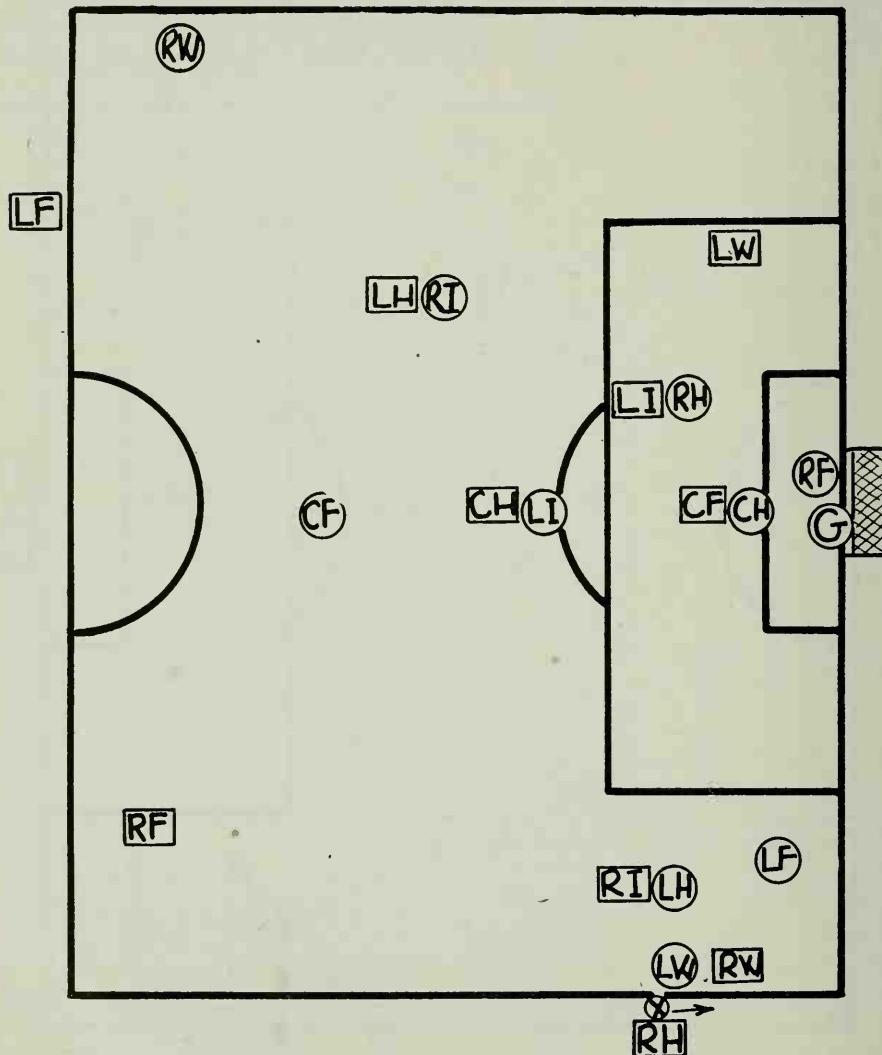


DIAGRAM 20. Throw-in defense near goal.

they can afford to weaken their offense for the moment by using the forwards to strengthen the defense.

The left wing would mark the thrower and the opponent's wing as long as that player is near the thrower. If the opponent's wing cuts for the goal he is marked by the left fullback, who is also blocking any throw to a clear spot in front of the goal. The right fullback moves over to the front of the goal to mark any opponent breaking through the defense, and at the same time is ready to cover the far-side wing if the ball should be crossed. The center forward and right wing move back to open places to be in position to receive clearing passes.

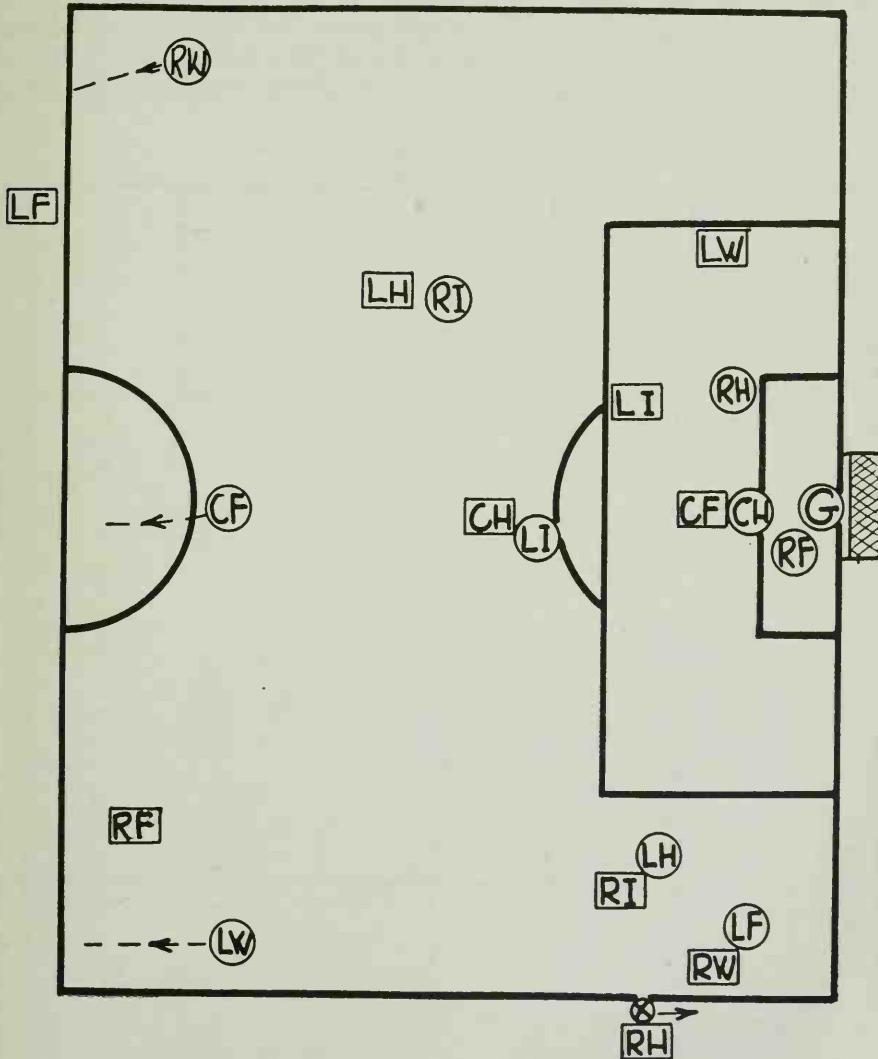


DIAGRAM 21. Variation of throw-in defense near goal.

When the defending team is on the short end of the score, the left wing should play toward the center of the field and the opponent's wing should be marked by the left fullback. This leaves the offense relatively strong and ready to start a three-man fast break for the opponent's goal.

### **Goal Kick**

When the whole of the ball passes over the goal line, excluding that portion between the goal posts, either in the air or on the ground, having last been played by one of the attacking team, it shall be kicked forward directly into play beyond the penalty-area, from a point within that half of the goal-area nearest to where it crossed the line, by a player of the defending team. The ball is not in play until it has come out of the penalty area. When the goal kick fails to come out of the penalty area or is played before it comes out of the penalty area, the kick is retaken.

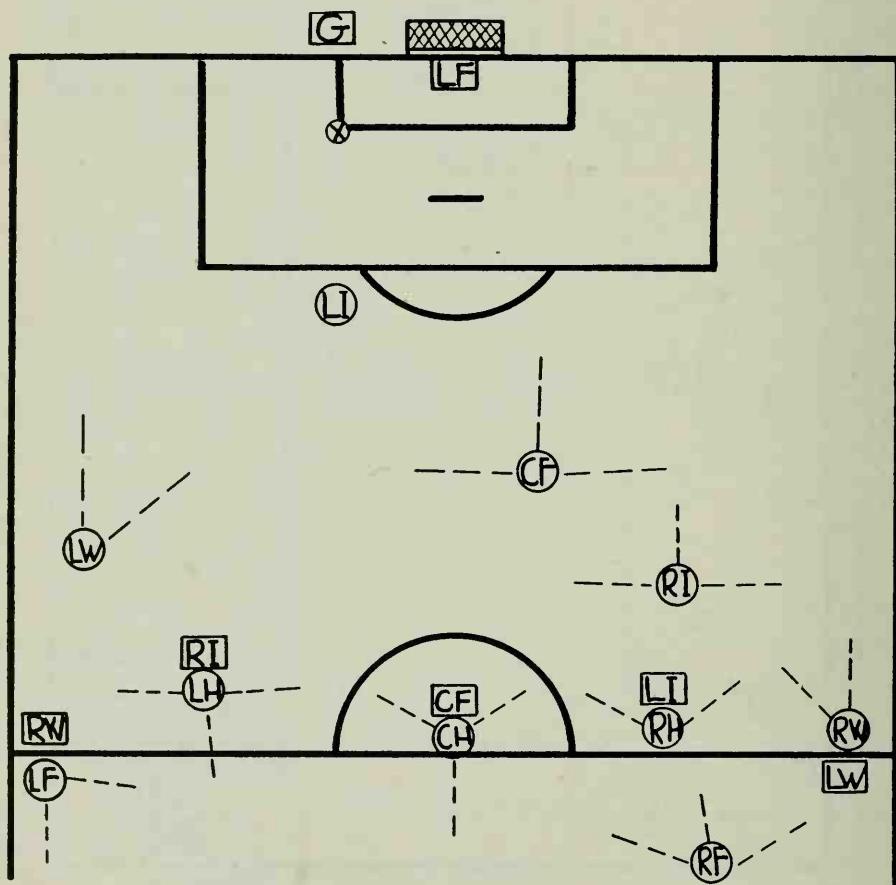


DIAGRAM 22. Lopsided "V" formation on opponent's goal kick.

*From opponent's goal.*—The backs each mark a forward wherever the forward may be and play nearer their own goal in case of a long kick.

The inside forward on the side from which the kick is being taken plays just outside the penalty area and in front of the ball. The other forwards play in the shape of a lop-sided "V" with the inside being the point of the "V." The areas they are to cover are shown by dotted lines.

The fullback on the opposite side of the field from the kick drops back and is ready to mark the wing or the center forward if they break through with the ball.

This formation works well against a team that crosses their corner kicks and is an easy one from which to start an attack. It is a modification of the straight "V" diagrammed below.

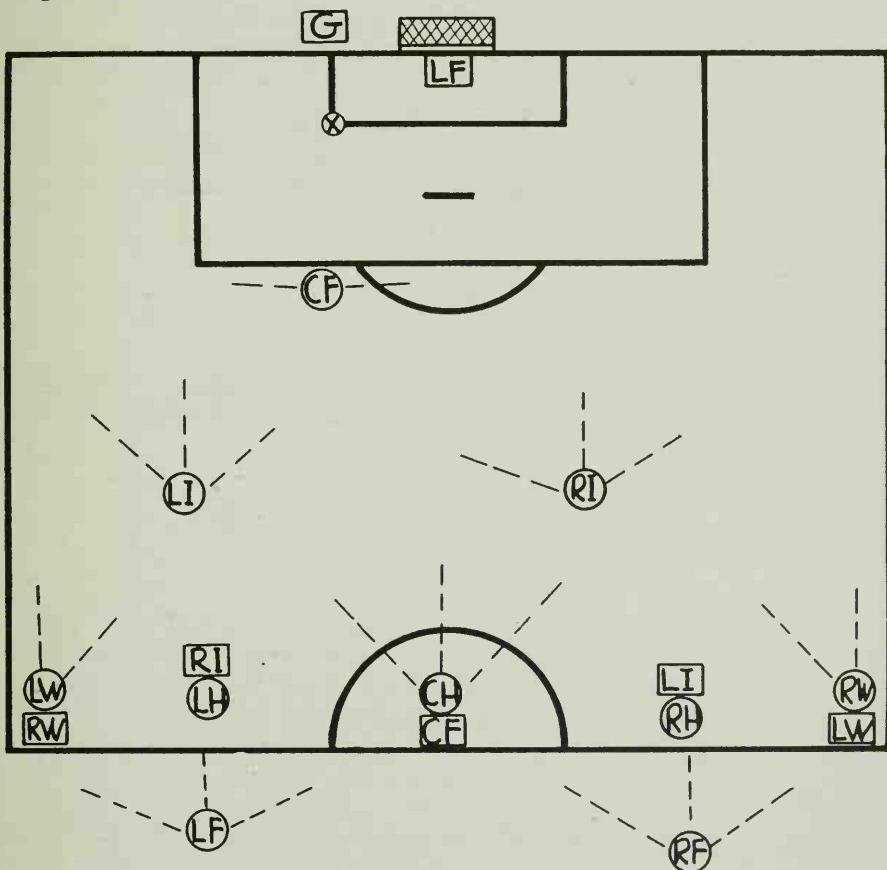


DIAGRAM 23. "V" formation on opponent's goal kick.

*From own goal.*—The goalkeeper takes the kick.

One fullback covers the goal until relieved by the goalkeeper and then moves to his defensive position. The other fullback marks the opponent's center forward.

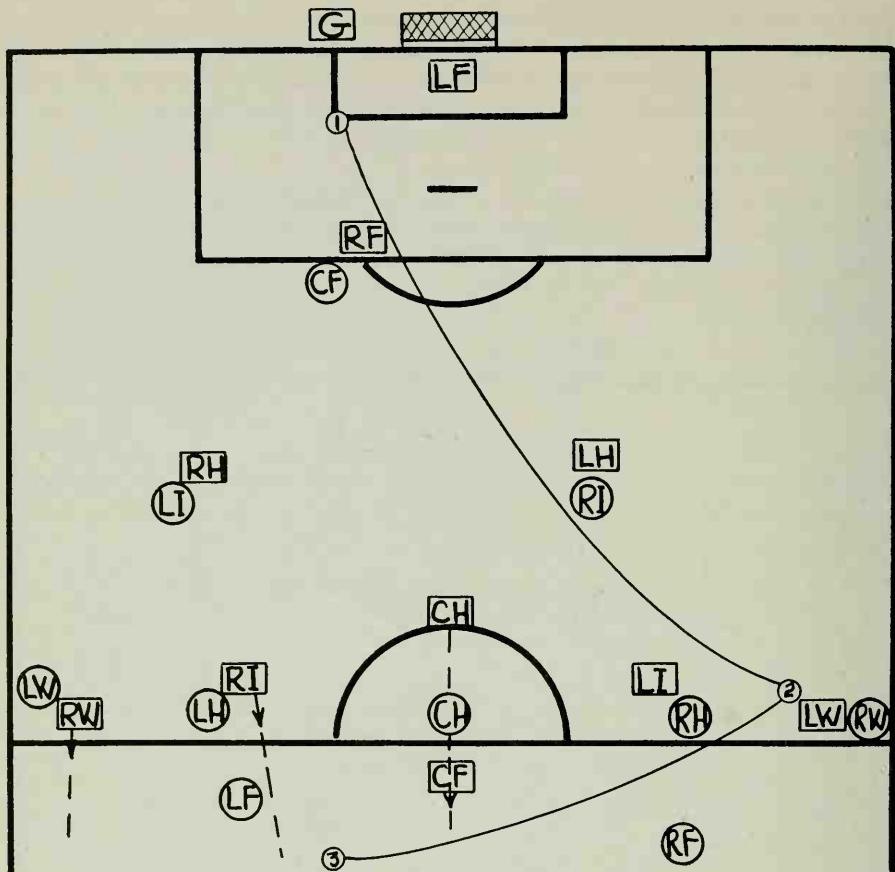


DIAGRAM 24. Marking opponents on own goal kick.

The wing halfbacks cover the opponent's inside forwards. The center half, in the middle of the field, starts to the side that the ball is to travel with the run of the goalkeeper. The goalkeeper indicates the side he will kick to by a prearranged signal. The forwards on that side play near enough to the goal so that the kick would travel over their heads if they did not move out with the kick. The object of this is to take the ball on the head if possible but in any case to be moving in the direction of the ball. Upon receiving the ball, they should cross-field pass toward the opponent's goal. The wing and inside forward on the opposite side from which the ball is to be kicked move up the field with the goalkeeper's run to be able to handle a cross-field pass and with the center forward launch a quick attack. They must guard against getting off-side.

#### *Off-Side*

A player is off-side when ahead of the ball in the opponent's half of the field and there are not two opponents nearer their own goal-line *when the ball is last*

played unless he or an opponent last played it. A player cannot be off-side on a goal kick, corner kick, throw-in or drop ball until the ball has been again played. A player is not penalized for being in an off-side position unless in the opinion of the referee he is interfering with the play or an opponent, or is seeking to gain an advantage by being off-side. When a player is off-side, he can only be put on-side by an opponent playing the ball, by being behind the ball when it is played, or if ahead of the ball, by having two opponents between him and their own goal line when the ball is played.

### **Corner Kick**

When the whole of the ball passes over the goal line, excluding that portion between the goal posts, either in the air or on the ground, having last been played by one of the defending team, a member of the attacking team shall take a kick from within the quarter-circle at the nearest corner flag-post, which must not be removed. A goal may be scored direct from such a kick.



DIAGRAM 25. Defense on corner kick.

**Defense.**—The goalkeeper plays at the far goal post and is ready to play any fly ball in the goal area.

The backs each mark an opponent and obstruct him from playing the ball. The fullback on the side from which the kick is taken plays opposite the goal posts to prevent a low ball crossing the mouth of the goal.

The back nearest the landing point of the ball attempts to play the ball unless the goalkeeper signifies his intention to do so.

The right inside marks the center half but is ready to cover the left wing half in case of a clearance to that side. The center forward drops back halfway between the center and penalty area lines to cover any loose balls in the center of the field. The wing forwards drop back to a clear spot to be ready to receive any clearing passes, all of which should be made to them.

If the ball is going to land outside the goal area, all the backs should at once move out and attempt to carry the ball up the field and to the wing forwards. This forces the opponents to leave the vicinity of the goal or be placed in an off-side position and gives the goalkeeper a clear view of the ball.

Each member of the team should be trained to judge the direction and force of a kick as soon as it leaves the kicker's foot, the same as baseball outfielders are trained to judge the flight of a baseball as it leaves the bat.

*Offense.*—The attack used to demonstrate the defense against the opponent's corner kick is one that is commonly used. A variation that might be used would be to move up both wing halfbacks and drop the center half back to mark the center forward. In this case the fullbacks can mark the wing forwards and make the opponent's attack more difficult to get started.

The right wing closes the far end of the goal area to center the ball in case the kick is too long. If the goalkeeper goes out to deflect the ball, the wing should

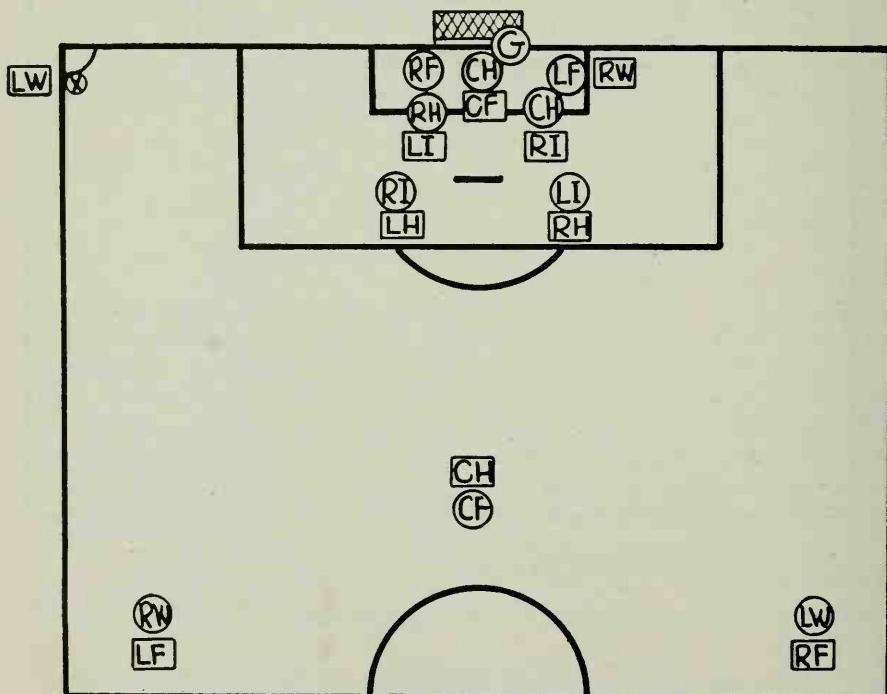


DIAGRAM 26. *Positions of offensive players on corner-kick.*

anticipate the direction in which the ball will be deflected and start moving back to intercept and center it. When the ball is not coming to the wing and the goalkeeper is not making a play on the ball, it is best for the wing to hold his position, move to remain on-side, and be ready to go in on the goal if the ball starts his way.

The center and inside forwards should move in on the ball and attempt to head it either *down* into the net or *down* in front of the goal. They should try to so position themselves that they are moving in on the ball rather than moving back for it. They might try to cause their markers to be out of position by staying out of position until the moment before the kick is taken and then moving in.

The wing halfbacks hold their positions when the ball is in front of the forwards and are ready to retrieve any short clearances. If the ball is just in back of the forwards, a pass back to the halves for a shot by them is the best play. In which case the forwards should move away from the mouth of the goal and by calling for the ball try to draw their markers with them to give the halfback an opening for his shot.

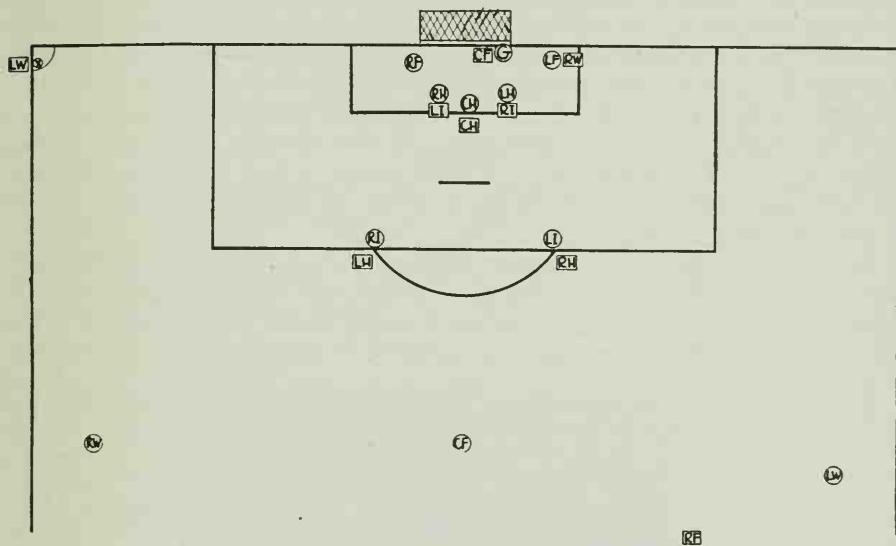


DIAGRAM 27. Center forward obstructing goalkeeper.

*Variation.*—A variation is to use the center forward to obstruct the goalkeeper.

The center forward takes a wide stride stance in front of and close to the goalkeeper, facing the ball. His duty is to obstruct the view of the goalkeeper as the kick is made and to impede the goalkeeper's progress toward the ball by going slowly toward its landing place. When properly executed, one of the teammates of the center forward should have an opportunity to play the ball before the goalkeeper can reach it. The center forward must make sure that he is on-side at the time the ball is played in front of the net. The center half moves up to fill in the place vacated by the center forward, and the wing halfbacks drop back to the penalty area line.

The accuracy of the corner kickers plus the score and time left to play are the determining factors in deciding which type of attack to use. The attack in Diagram No. 25 is neither weak offensively nor defensively and is possibly the best to use with inaccurate kickers. The attack in Diagram No. 26 is stronger offensively and defensively than No. 25 but calls for more accuracy on the part of the kicker. The attack in Diagram No. 27 is very strong offensively, rather weak defensively, and calls for accurate corner kicking. When a team is behind, it should use No. 27 to make the best possible use of the corner kick advantage, but if ahead, No. 25, or No. 26 would be indicated. This, however, must be left to the judgment of the captain, who should indicate by signal which formation is to be used. A team would be justified in throwing all the halves and fullbacks into the formation in a last minute desperate effort to score, when by so doing they could tie or win the game.

### *Drop Ball*

When the ball is kicked out of the playing field and the referee cannot determine which team last played it, or when the game has been temporarily suspended, the ball is put in play by being dropped between two opposing players. The ball is dropped from waist height by the referee and is in play when it touches the ground. If the ball is played before it touches the ground, it is not in play and should be dropped again.

The drop ball could not be classed as an important situation on the basis of how many times it occurs in a game, but when it occurs in front of or near the goal, its importance is magnified. Therefore it should be practiced to familiarize the players with their duties.

*In front of own goal.*—The goalkeeper should be on the goal line. The backs should play between opponents and the goal and check closely man-for-man. The player taking part in the "drop" may use the sole of foot or the two foot tackle for his initial movement and then clear provided he has succeeded in holding the



PLATE 57. *Drop ball. (Showing the defensive player using a one-foot tackle to hold the ball.)*

ball. If he tries a kick for his initial movement, the ball may pass under him or bounce off his opponent into the goal. His stance should be in the center of the angle of possible shot and as near the ball as the referee will allow, as his chief duty is to block a direct kick to the goal. To disguise his real intention he should make it appear to his opponent that he is going to kick hard at the ball.

*In front of opponent's goal.*—The forwards should attempt to take as first choice an uncovered position, as second choice a position nearer the ball than their marker, or if closely marked, as a third choice a position farther away from the goal than the drop to draw their marker out and leave a clear space in front of the goal. The player taking the "drop" should attempt to pass the ball over in front of the goal but outside of the goalkeeper's reach.

### PENALTIES

When a foul has been committed, the penalty is a free kick or a penalty kick awarded to the opponents at the point where the violation was made. Free kicks are divided into two groups, those from which a goal may be scored by kicking the ball directly into the goal (called direct free kicks), and those which must be played or touched by some other player after the kick is taken before they may result in a score (indirect free kicks). Indirect free kicks are awarded for minor infractions of rules, such as goalkeeper taking more than four steps with the ball,

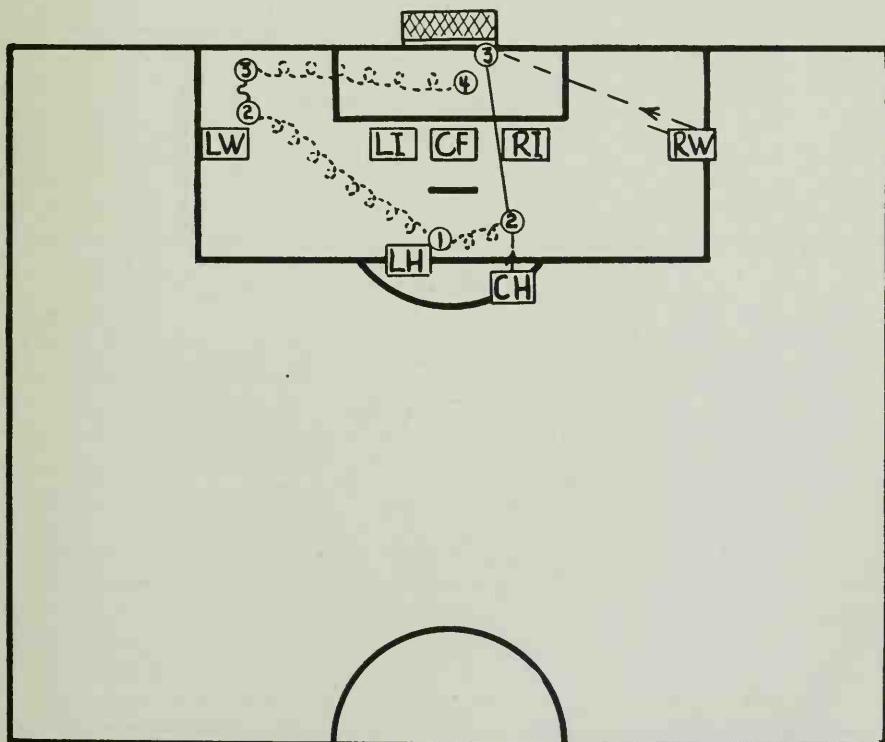


DIAGRAM 28. Two indirect free kick plays.

dangerous play, illegal substitution, off-side, or playing the ball before another player touches it after throwing it in or taking a free kick.

### *Indirect Free Kick*

A situation that is similar to and is played like the direct free kick unless it is taken from within or close to the penalty area. When the kick is allowed close to the goal, the offense and defense have various tactics which they might employ, each governed to some extent by the tactics employed by the other. The play to be used should be called by the kicker and not indicated by his looking at the man who is to receive the pass. The success of the play depends upon the timing of the pass and the shot at the goal.

*Attack.*—The diagram shows the left halfback taking a short kick. He may pass the ball to the center half, who shoots, or he may pass to the left wing, who dribbles toward the goal line and centers the ball in back of the defense. The right wing should play wide to draw out a defensive player. If he does not succeed in so doing, he should move in to try to close the goal on that side.

*Variations.*—The left halfback pivot kicks with the left foot to the right wing coming in for a shot.

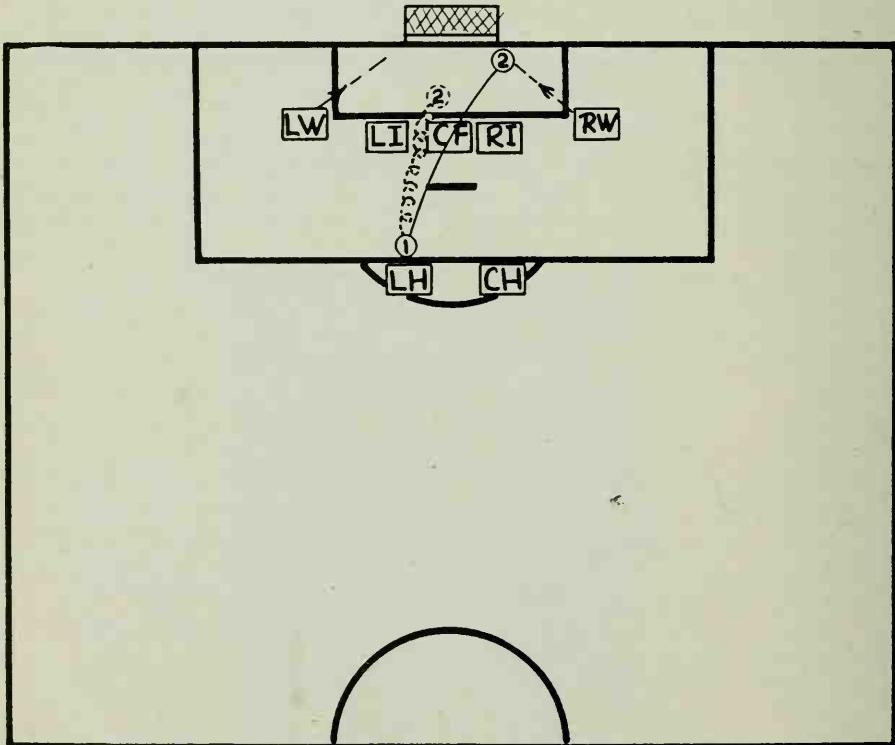


DIAGRAM 29. *Two indirect free-kick variations.*

Provided the left inside and the center forward can so maneuver that they are standing side by side with no opponent between them, a fast pass into this opening will allow for an easy scoring chance.

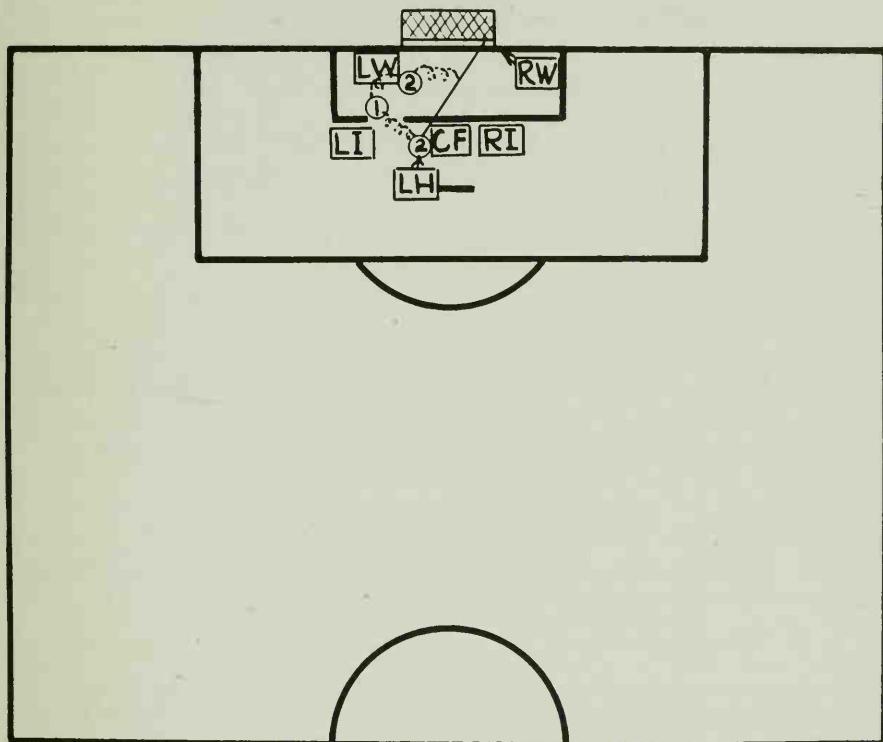


DIAGRAM 30. Back pass on indirect free kick.

*Variation.*—When the kick is allowed within ten yards of the goal, it is often best to take it in a backward direction or the defense will be on the ball in time to prevent a good scoring chance. Two possibilities are shown in the above diagram. The pass to the left half is probably the best play, as he will have more time to get his kick off. His shot at the net near the far goal post, if missed, might be played by the right wing, which would give it the preference over the near post. The alternate play of passing to the left wing and then to the center must be well disguised by feinting in the opposite direction to have a chance for success.

*Defense.*—The backs should each mark a man, and play on the inside of him. The left fullback does not mark the right wing closely but is ready to intercept any pass made to him or to mark or obstruct him if he comes in to make a play. The inside forwards come back into the defense and as soon as the kick is taken move out to cover the halfbacks. The goalkeeper plays slightly to the short side of the angle of possible shot and one yard out from the goal line. He should have an unobstructed view of the ball and should be aided in this by the backs. The backs should play the opponents as far off-side as possible, which is within ten yards of the ball.

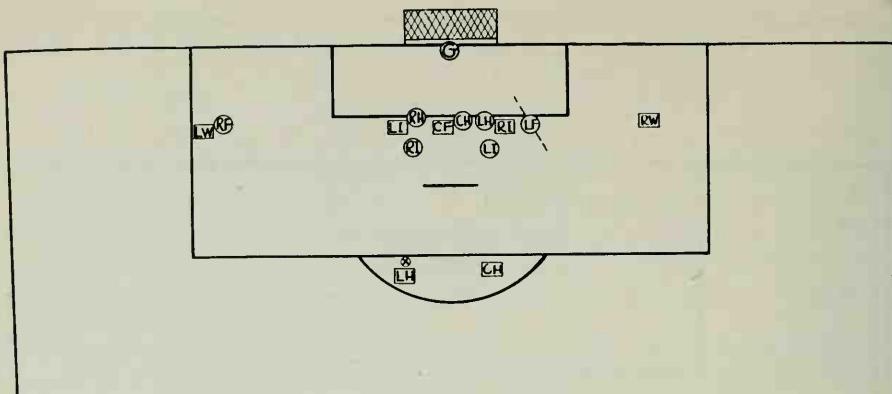


DIAGRAM 31. Defense on indirect free kick near penalty area.

*Variation.*—In the case of an indirect free kick within ten yards of the goal, the rules allow the defense to be nearer than ten yards to the ball with the provision that they stand on the goal line and between the goal posts. One plan of defense is to bring all players back and, with the goalkeeper standing in the angle, alternate the backs and forwards on the goal line. As the kick is taken, the forwards rush forward to smother the kick and attempt to carry the ball with them up the field. The backs hesitate a moment to protect the goal and then move out to mark the opponent's forwards. The goalkeeper might take one step forward or backward with the kick to obtain more freedom for sideward movement.

### Direct Free Kicks

They are awarded for serious infractions of rules such as tripping, kicking, striking, jumping at an opponent, handling the ball, holding, pushing, violent charging, charging from behind, or charging an opponent when he has two feet off the ground.

*Offensive tactics.*—A free kick provides a scoring opportunity when allowed in the offensive half of the field. The nearer the penalty area the kick is awarded the

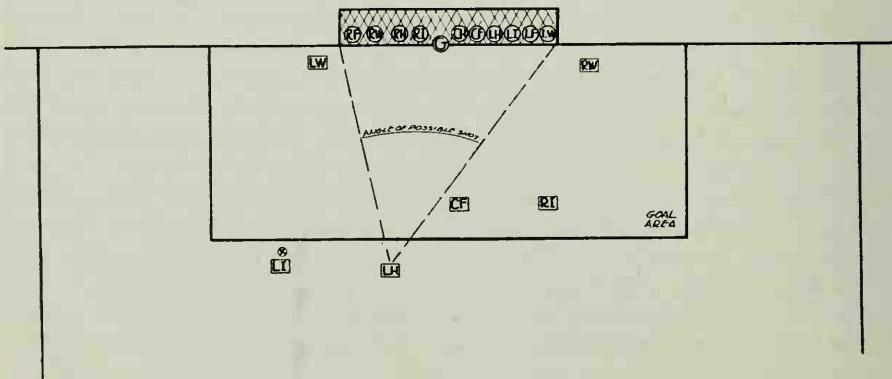


DIAGRAM 32. Goalkeeper plays angle of possible shot from left halfback.

more dangerous it becomes for the defensive team. Any mistakes of the defense should be capitalized on by the attack.

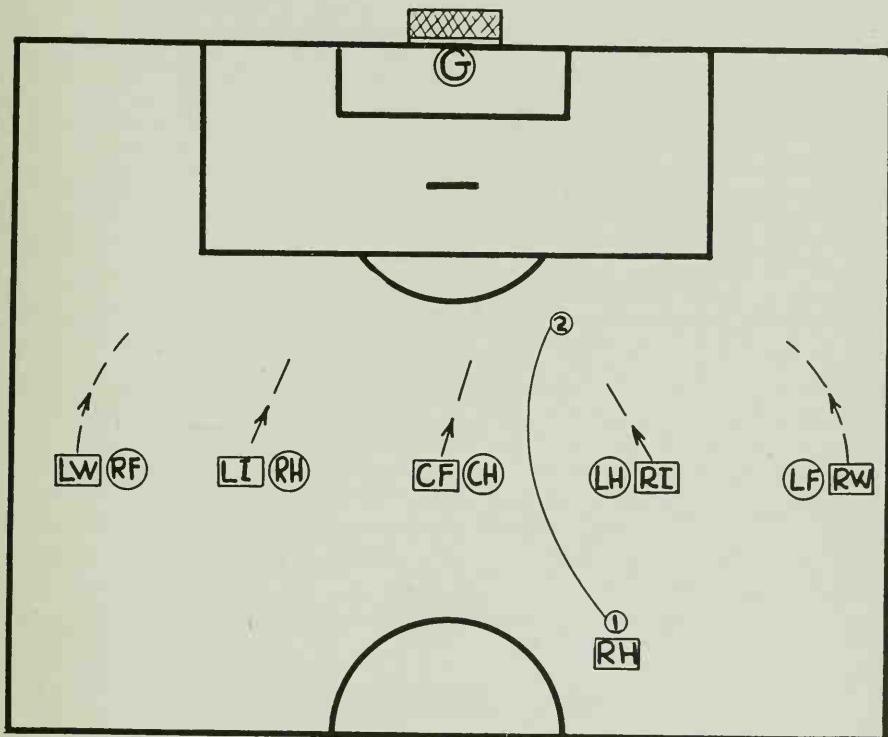


DIAGRAM 33. Backs playing too far from goal.

When the defense plays too far out from the goal, a kick over the heads of the players is indicated, followed by a rush toward the goal by the forwards as the kicker's foot meets the ball.

When the backs play too near the goal, the ball may be either set up in front of the goal, or passed to a teammate for a shot. The forwards attempt to block the goalkeeper's view of the ball.

A free kick awarded near the penalty area can be used for a shot at the goal if the team has a strong accurate kicker. The plays as outlined for an indirect free kick can also be used in this situation. When the free kick is to be taken from the side of the penalty area, a hard cross-pass to the opposite wing cutting in fast for the goal is a good play. The opposite inside forward should also advance toward the goal in case the kick is low or short.

*Defensive tactics.*—The opponents should be played far enough off-side so that a ball kicked over the heads of the defensive backs may be played by the goalkeeper before the opponents can reach it. The goalkeeper's view of the ball must be unobstructed to give him an opportunity to stop a direct shot. The inside forwards should mark the halfbacks immediately after the kick is taken.

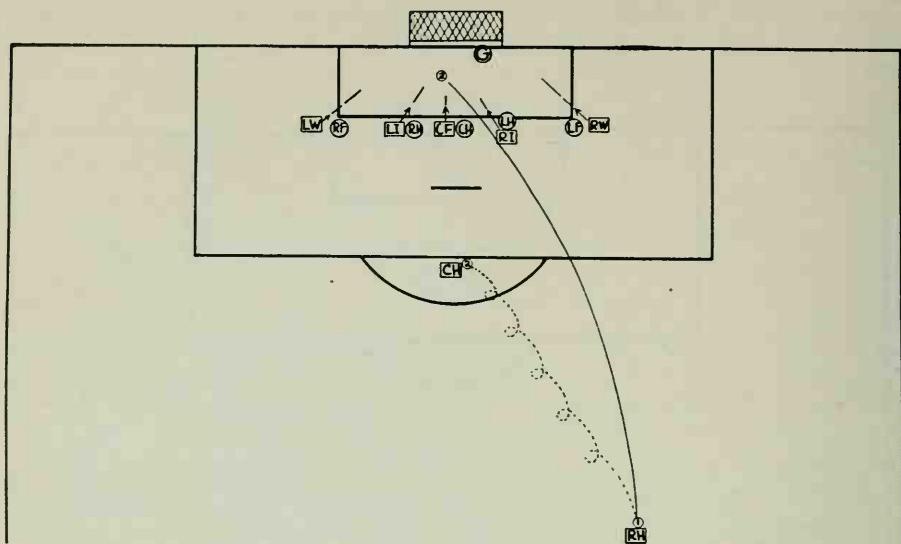


DIAGRAM 34. Backs playing too near the goal.

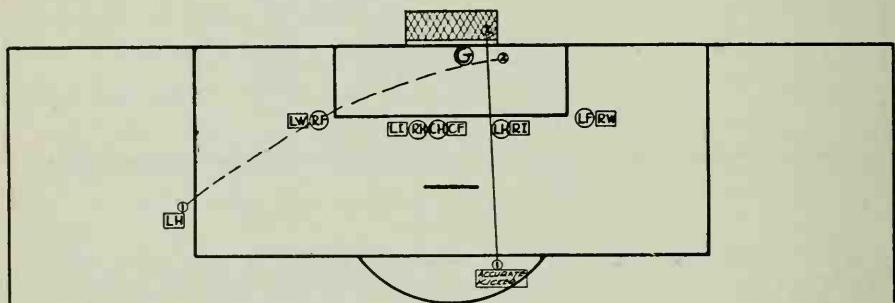


DIAGRAM 35. Backs playing correctly.

### **Penalty Kicks**

When a major infraction of the rules is committed by a member of the defensive team in its own penalty area, the attacking team is awarded a penalty kick. This kick is taken from 12 yards directly in front of the goal. The only players allowed in the penalty area, or within 10 yards of the ball, when the kick is taken, are the kicker and the defending goalkeeper. The goalkeeper must stand (without moving his feet) on the goal line between the goal posts until the ball is kicked. The kick must be taken forward and may not be played again by the kicker until it has been touched by another player. In case the period ends after the penalty kick has been awarded but before it has been taken, extra time is allowed for the taking of the kick.

*Penalty kicker.*—He should be an accurate kicker and one with the ability to remain cool and relaxed under pressure. His duty is to score a goal, therefore he must keep the ball away from the goalkeeper and kick it hard enough to beat the goalkeeper's lunge. An instep kick moderately strong and aimed for the corner of the goal is probably the one most used.

If the kicker will stand to the left of and a few steps back of the ball so that a line drawn from him through the ball would enter the goal about one yard inside the goal post, he can use either the straight instep kick or the pivot kick with his right foot. This will disguise the direction of his kick until the last moment. He should have firmly fixed in his mind which kick he is going to use and not change his mind at the last moment, as this would probably lead to a kick straight at the goalkeeper.

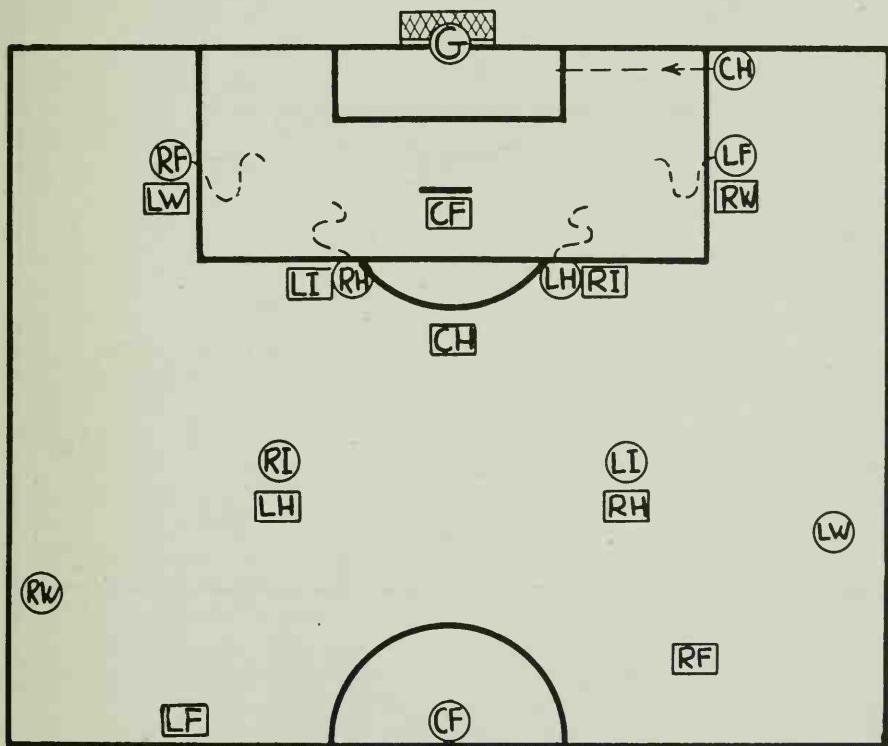


DIAGRAM 36. Good defensive but poor offensive positions.

*Defensive duties.*—The backs should play nearer the goal than the players they are marking. The inside forwards should mark the opponent's wing halfbacks. The defense should attempt to obstruct the run of the opponents to allow the goalkeeper more time to clear the ball in case of a partial stop or the ball hitting the cross-bar or goal posts.

The center half races in from the side to help clear any loose ball or to help defend the goal from a rebound shot. He then marks the center forward.

The wing forwards drop back to receive short clearing kicks or passes from the inside forwards.

*Offensive duties.*—The forwards attempt to play nearer the goal than the opponents marking them. The inside forwards take a stand where the arc meets the penalty area line, as from here they are one step ahead of their markers. The wing forwards are off-side unless the ball is played by the goalkeeper, and must cut

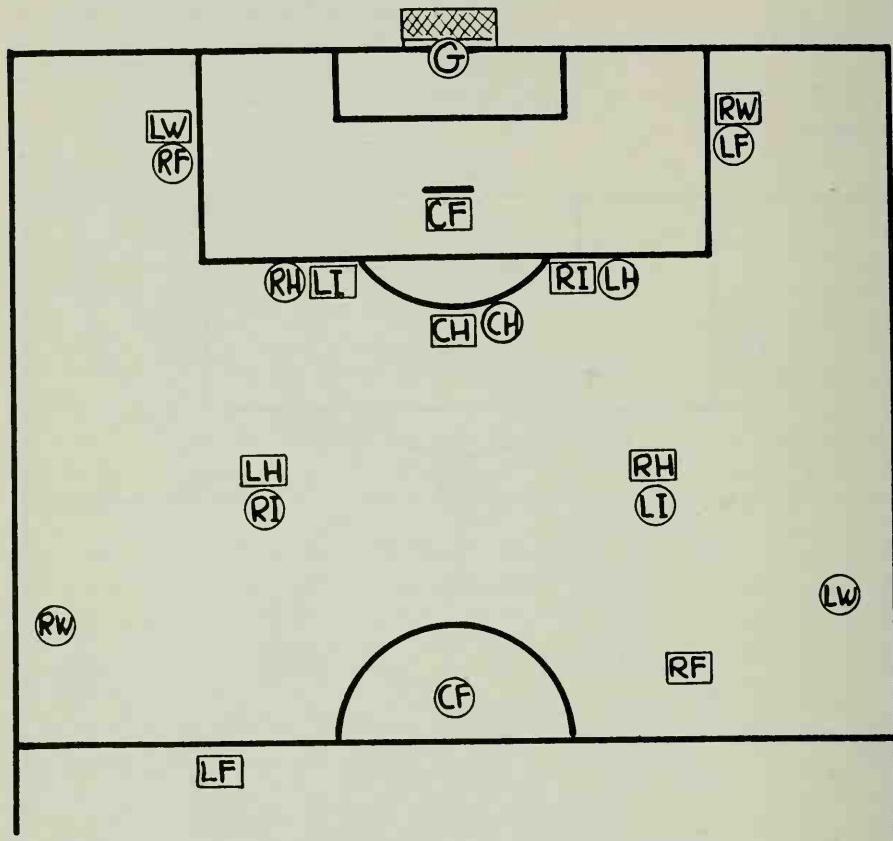


DIAGRAM 37. *Good offensive but poor defensive positions.*

back if the ball hits the cross-bar or goal posts, or is cleared by the goalkeeper in order to avoid a penalty. The inside forwards and center halfback play the ball provided it rebounds from the goal posts, as the kicker is not eligible for a second kick at the ball until it has been played by another player. The wing halfbacks play nearer the goal than their markers and together with the fullback nearest the goal cover any short clearances. The other fullback marks the opponent's center forward. When a player, other than the center forward, takes the kick, the center forward changes positions with him.

## CHAPTER IX

# Team Offense and Defense

Systems of attack are based on the ability to retain possession or control of the ball, for, when a team has control of the ball, the opponents cannot score. The short passing attack is based upon the premise that the shorter the pass the less chance for inaccuracy or interception, while the long passing game is based upon the expectation of gaining great amounts of ground and many scoring opportunities through suddenness and speed of attack. The system of attack will depend primarily on the skill of the players and the number of better than average players on the team. The style of attack should be chosen to fit the players rather than trying to make the players themselves fit into a particular system.

Any system of attack should be in depth or waves of attackers and should attempt to cover as much of the offensive territory with players as is possible.

Defensive formations are so planned that there will be one extra defensive player to meet the point of attack or to back-up the other defensive players. The simpler the defense the easier it is to coach and the easier it is for the cadets to visualize and master. For this reason many coaches prefer the man-for-man defensive formation where each player's assignment is specific.

It is necessary for cadets to direct the play of each other. To avoid confusion the coach should set up some system whereby the players will know who is to call the play or the pass. In most cases this should be the key man or the man in the best position to see the field of play. An example of this would be:

The goalkeeper directs the backs when the play is near the goal.

The center halfback directs the halfbacks around the center of the field.

The wing halfbacks direct the inside and wing forwards on the attack. Provided the halfback is not up with the play, the wing directs the inside forward when the inside has the ball, and vice versa.

The center forward directs the play when the ball is near the opponent's goal.

When the directions are in words such as "center," "wing," or "cross," the opponents will know where the ball is going and can move to intercept it. To avoid this, some system of signals must be worked out whereby key words or numbers are called.

### *The Long Passing Attack*

The attack attempts by long sweeping passes to use the speed of the wing forwards to unbalance the defense, and calls for players who can kick hard and with some degree of accuracy. It will work well against a team that plays its fullbacks in a straight line with each other or against a defense that leaves the opposite wing unmarked. The attack calls for the center forward to play as near the opponent's goal as possible and still remain on-side. It is varied by attempts to make long

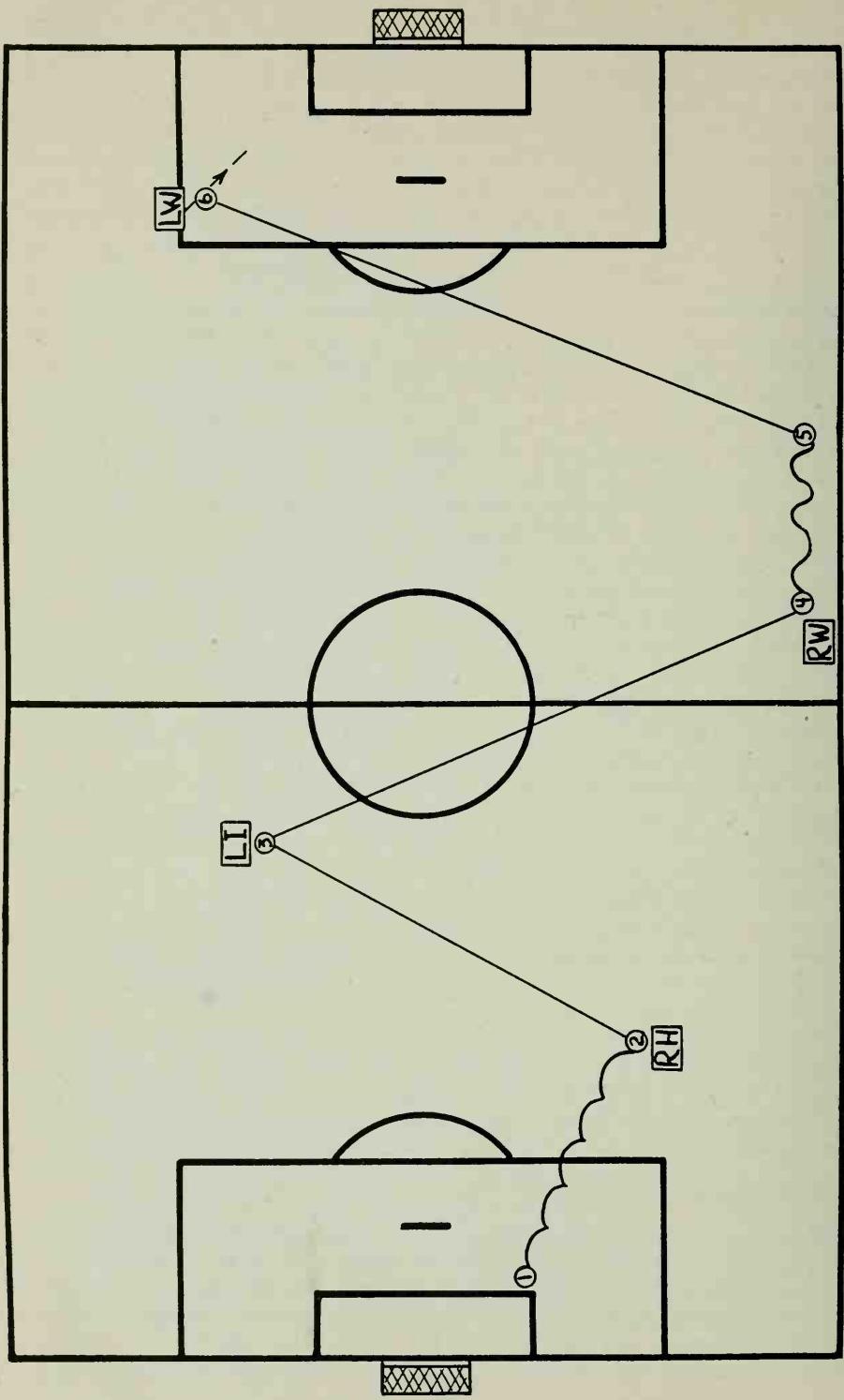


DIAGRAM 38. *The long passing attack.*

kicks up the center to the center forward who may attempt to beat his marker or may pass to the wing.

When the forwards are near the opponent's goal and the ball is cleared by the defense, they remain and wait for the backs to set the ball up in front of the goal.

This attack works well with the wind or on wet ground where any mistakes or mis-kicks by the opponents can be taken advantage of at once. It does not require as much ball control as the short passing system of attack.

### ***The Short Passing Attack***

The attack attempts by means of short passes to advance the ball surely and safely down the field. Passes are seldom over fifteen yards in length and are alternated by dribbles when that is possible. The preference, however, is for the pass, as it is the best means of beating an opponent and the surest way to keep possession of the ball. The short passing game demands accurate handling of the ball over short distances, good surface conditions of the field, and cool, heady play. A team trained in the short pass attack will often play better against the wind than with it.

Beginners have a tendency to close in on each other and bunch when learning and must be cautioned about it, as one defender can take the ball away from two or three attackers that are bunched.

As the ball is hard to control on a muddy or uneven field, this type of attack calls for more skill under these conditions.

Teams that depend on the long passing attack will find themselves in trouble when playing against a strong wind and therefore should receive some training in the short passing game.

Regardless of the type of attack, the players must be drilled in some kind of offensive formation so that they will know where their teammates will be at all times. The choosing of this formation will depend to a large extent upon the number of good players available, as each formation has certain key positions; and some have more than others.

### ***The "W" Formation with Roving Center Halfback***

The forwards and backs play in the shape of a "W." The two wing forwards and the center forward are the first wave of attack with the inside forwards backing them up, and they in turn being backed-up by the three halfbacks. This formation works better if the center halfback is allowed to roam around the field on the attack. He might even at times be in the forward line or shooting for the goal on back passes from the center forward. He acts as the intermediary between the two inside forwards when the ball is to be crossed from one side of the field to the other.

The strength of the attack is through the center of the field with the center forward, inside forwards, and center halfback carrying the ball. Provided the defensive players are drawn to the center of the field, the ball is passed to the open wing, who may dribble down the side line and center; or dribble toward the goal. When a long passing attack is used with this formation, the "W" is usually deeper with the inside forwards coming up as fast as possible as the goal is neared.

### ***On the Defense***

The center halfback marks the opponent's center forward, but as the halfback may be up field on the attack, the fullbacks must also keep an eye on this player.

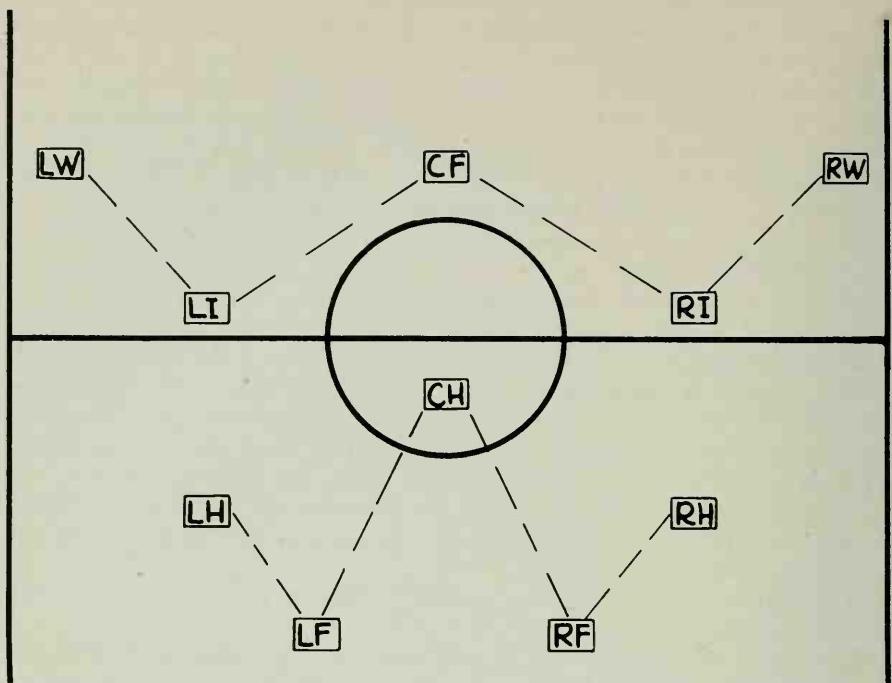


DIAGRAM 39. "W" formation with roving center halfback.

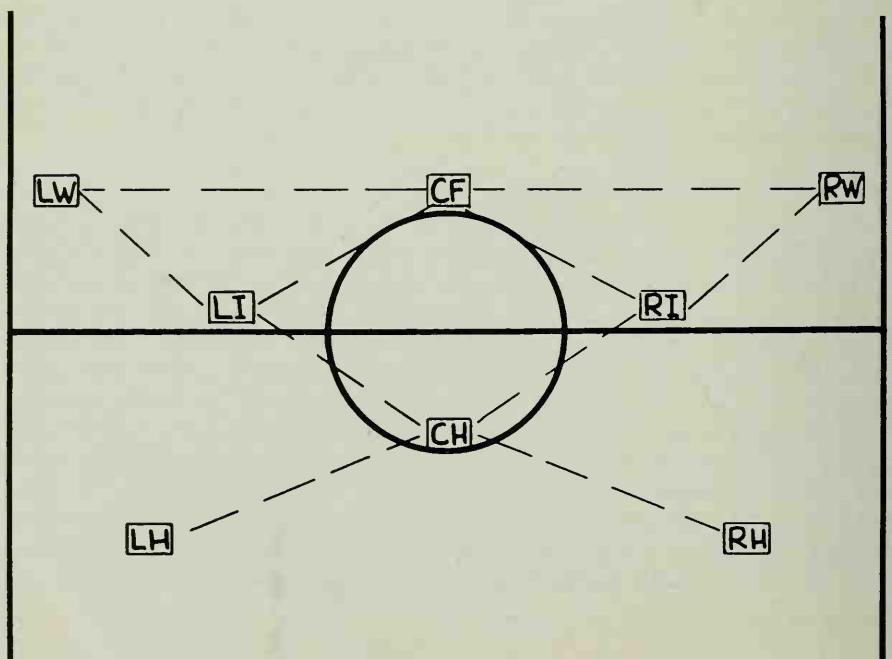


DIAGRAM 40. Possible passing combinations.

The wing halfbacks mark the wing forwards, and the fullbacks the inside forwards. When the center half cannot get back to mark the center forward, he marks the inside forward that has the ball and blocks that player from passing to the opposite inside or wing. This gives the inside with the ball only one place to pass it, namely,

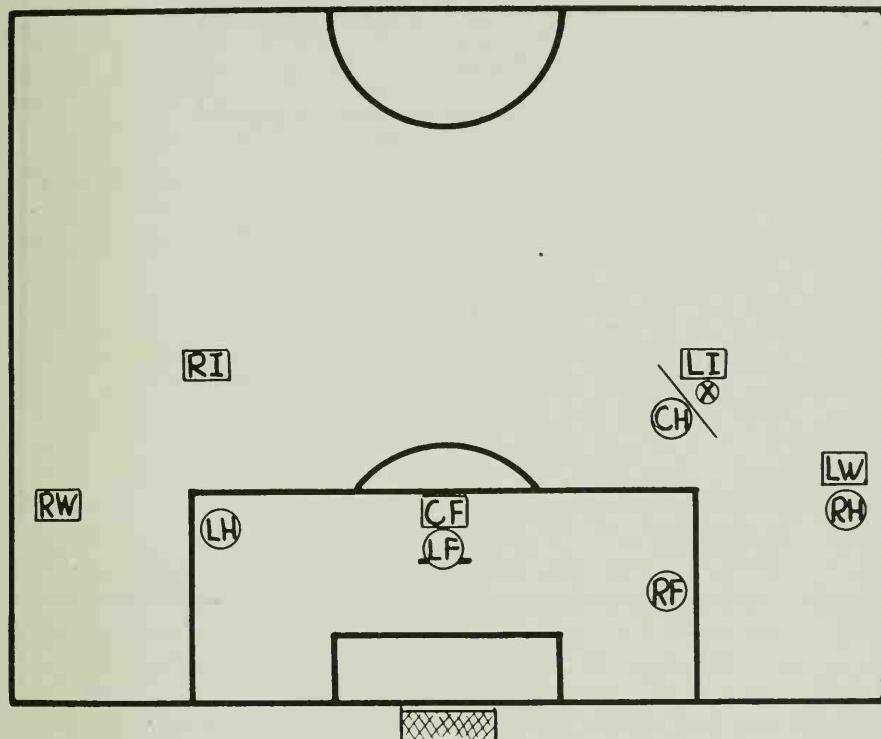


DIAGRAM 41. Center halfback forcing play to the strong side.

his own wing forward who is already marked. The example shows the center half forcing the left inside with the ball to the strong side of the defense. The left halfback has two men to mark, but as a pass to either of these players must be a long one, he should be able to intercept it. The inside forwards mark any of the opposing team's halfbacks that come up to support the attack. As the strength of the attack or defense depends upon the roving halfback, he must be an excellent player. The defense shifts to concentrate its power on the attacking side and therefore is a combination of a man-for-man and a zone defense, as the marking is not close.

#### *The Third Back Formation*

The forwards play in a deep "W" and are backed up on the attack by the wing halfbacks. These players position themselves near the center of the field, slightly to the outside of the inside forwards, and may move either in or out in backing up the line. When the short passing attack is used, they form triangles for combination play with the wing and inside forward or with the inside and center forward.

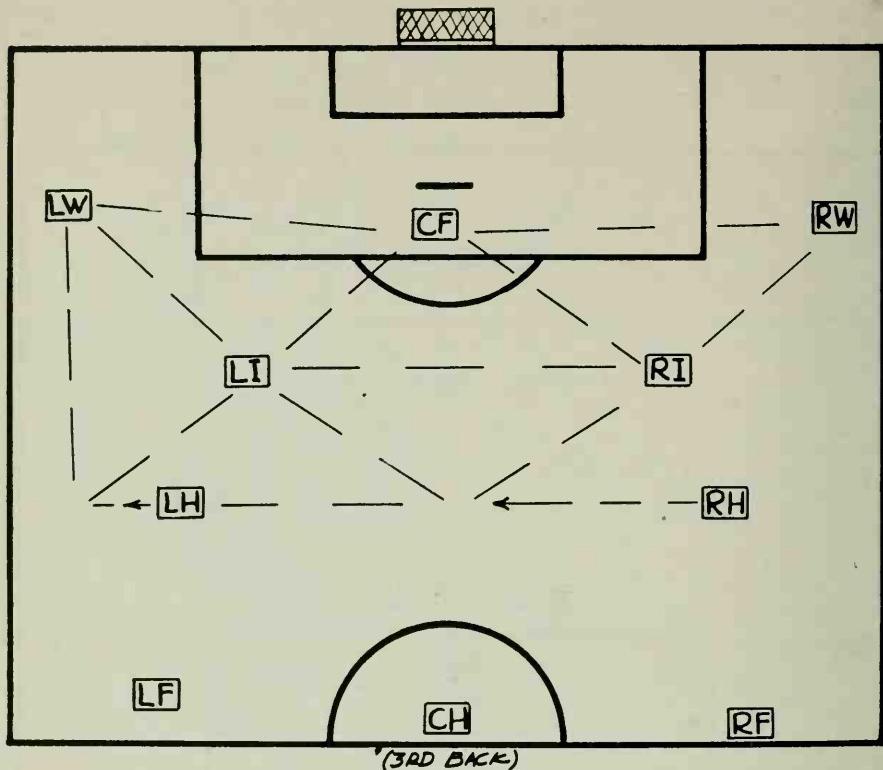


DIAGRAM 42. *Passing combinations and wing half-back shift.*

When one wing half moves out toward the side line, the other one moves toward the center of the field. If one moves over behind the center forward, the other drops back, and the fullback on the side of the field left open moves up to cover this space.

The wing halfbacks are used to receive passes when the forwards meet strong resistance, and then may dribble until one of the forwards is left open for a pass.

A pass from one wing halfback to the other is often used to switch the ball from one side of the field to the other and open up the play. The key men in the formation are the inside forwards and the wing halfbacks, who must be exceptionally good. The attack has two strong points, one on either side of the field, but is weak in the center.

The center halfback, playing as the third fullback, has only one duty and that is to nullify the play of the opponent's center forward. It calls for very close marking at all times and wherever the center forward plays. Either a man-for-man or a zone defense may be used with the third back formation. When a man-for-man defense is used the wing halfbacks mark the inside forwards, and the fullbacks the wings. When the defense is set, the fullback farthest from the play moves toward the center of the field to be ready to tackle any opponent breaking by a defender. The inside forwards mark the opponent's halfbacks.

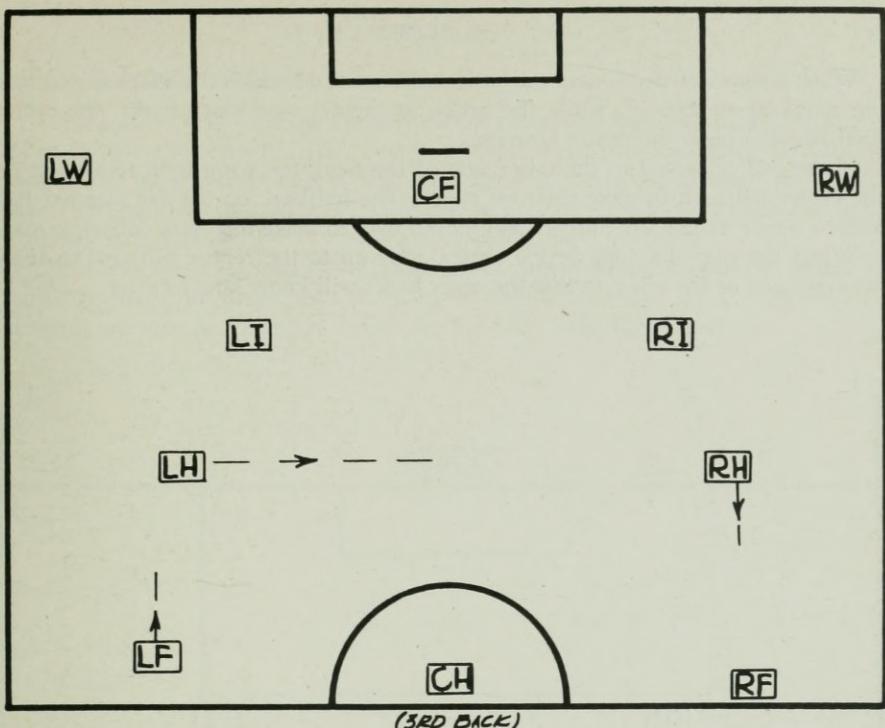


DIAGRAM 43. Halfback and fullback switch.

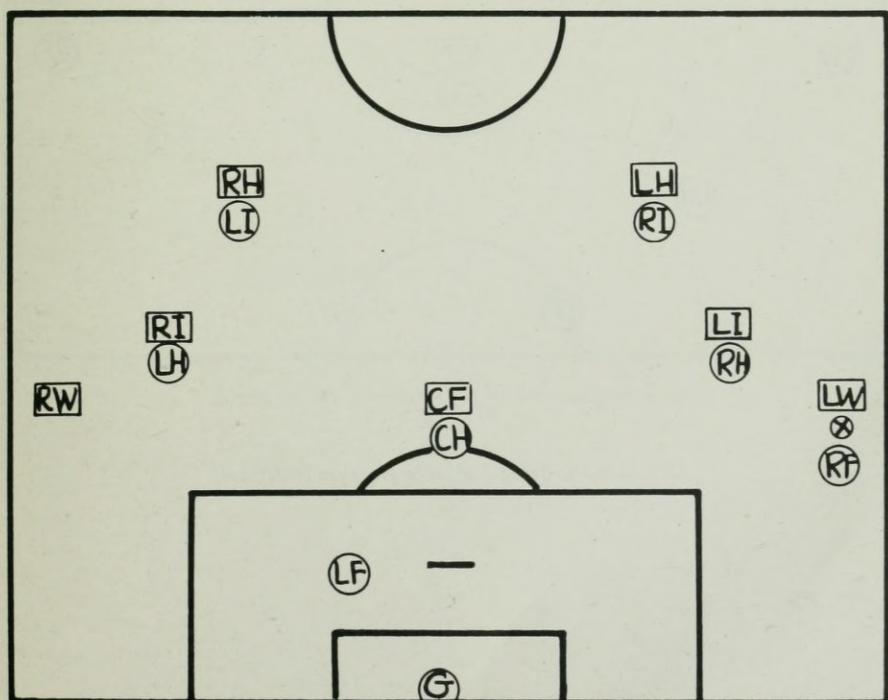


DIAGRAM 44. Third-back and man-for-man defense.

When a zone defense is used the backs on the side on which the attack is developing move up to meet it, while the backs on the far side move back. The center halfback still plays the center forward.

If the ball is moved to the other side of the field, the wing halfbacks pivot on the center halfback to meet the new attack. The halfback on the far side has two men to watch, as the left fullback has moved over to make the extra defensive man.

When the play develops in the center, it is up to the center halfback to force it to one side or the other so that the other backs will know how to shift.

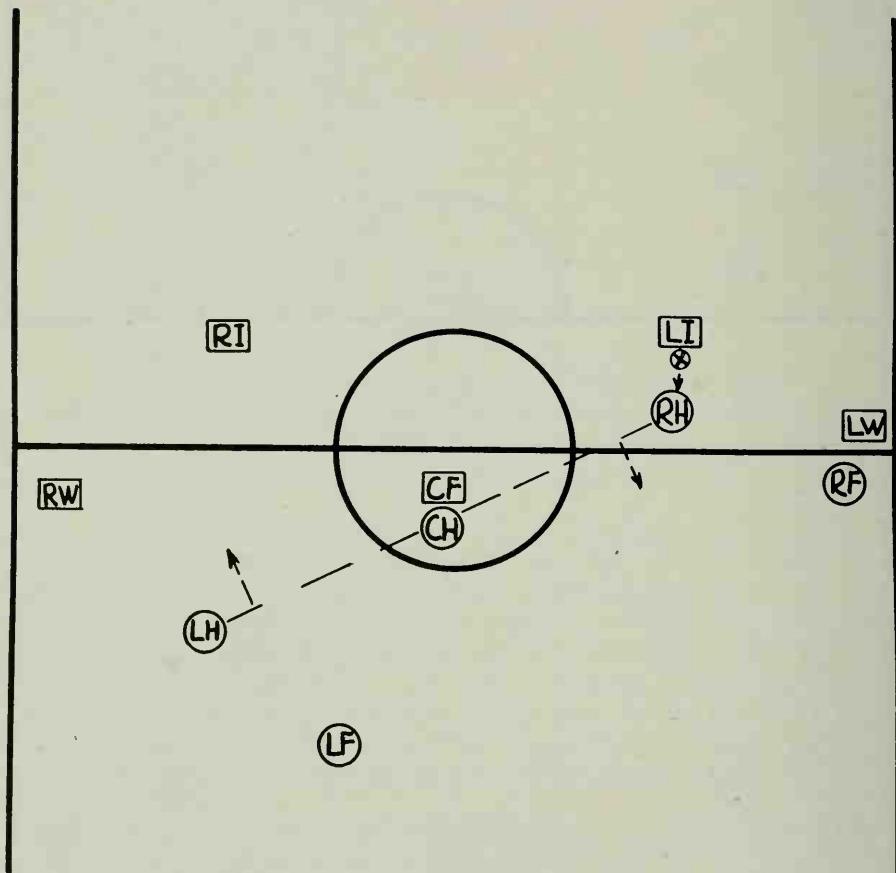


DIAGRAM 45. Wing halfbacks pivot on center half.

**Defensive Center Forward Formation**

The formation calls for the center forward and center half to drop back one position, so that the team has four forwards, three halfbacks and three fullbacks. It works well on a narrow field where often there is not sufficient room for five forwards to maneuver. All three of the halfbacks follow the forwards in on the attack, forming five triangles for a short passing game.

On the defense the center halfback marks the opponent's center forward, the fullbacks mark the wings, and the wing halfbacks mark the inside forwards. The defense can thus be played as shown for the third back formation.

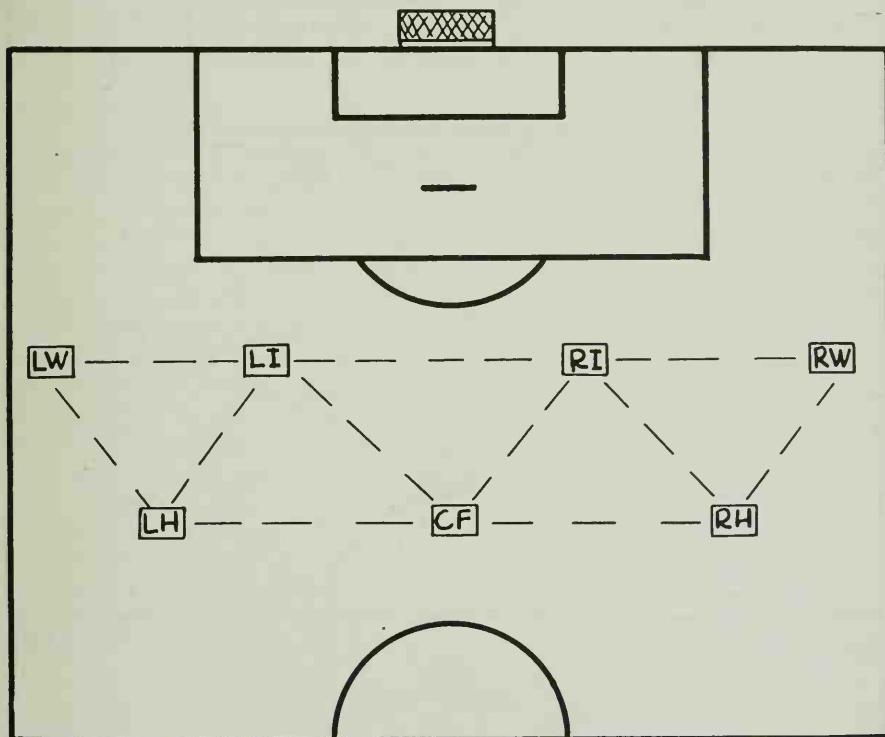


DIAGRAM 46. *Defensive center forward formation.*

A variation of this defense is to have two halfbacks follow the forward line while the third one covers the opponent's center forward. On the defense all opponents are closely marked with the wing fullbacks taking the wings, the halfbacks taking the center and inside forwards, while the center fullback acts as a roving safety man.

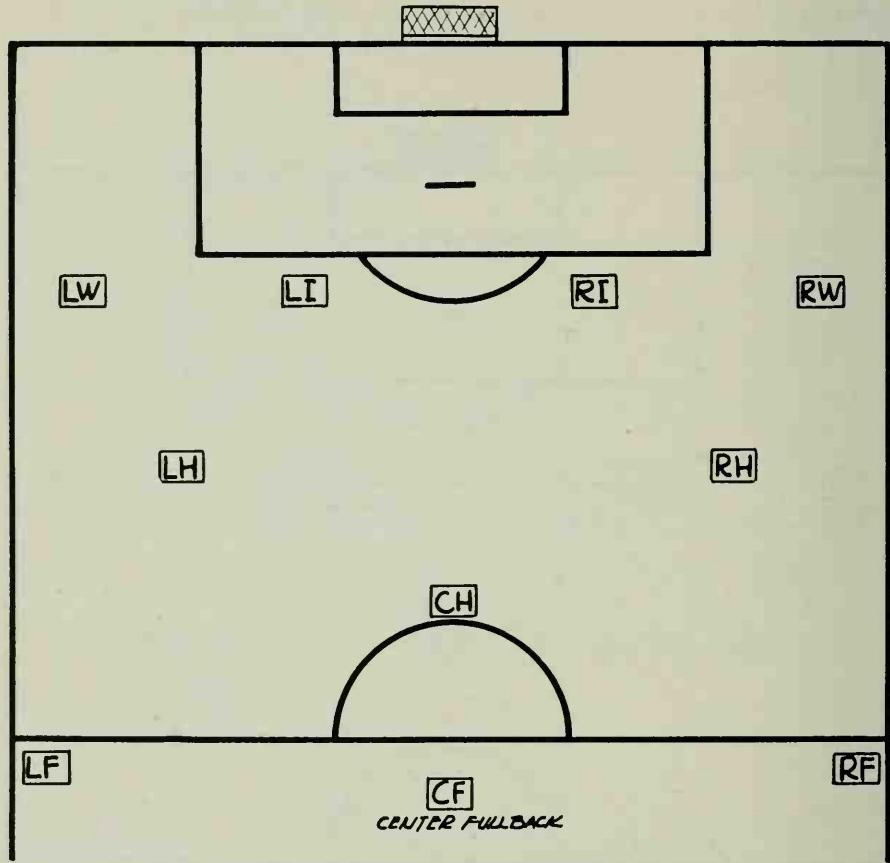


DIAGRAM 47. Roving center fullback formation.

## CHAPTER X

# Naval Aviation Games

To change International Soccer to better meet the purposes for which and the conditions under which it must be presented in the Naval Aviation Physical Training Program was the task assigned a committee composed of well-known soccer coaches and players. These deviations from Association Football have been named Naval Aviation Soccer, and their success in accomplishing that for which they were designed has been excellent.

### *Eight-Man Soccer*

Objectives were magnified by modifying some of the rules and eliminating others. The endurance required to play the eight-man game was increased by eliminating anything that could slow up the play, such as minor violations which tended toward much whistle blowing by the referee. The opportunity for the cadet to show initiative was created by allowing the goalkeeper to handle the ball anywhere on the field of play. The speed and consequently the need for relaxation when possible demanded of the players was increased by making the field smaller. The need for self-control or self-discipline was magnified by eliminating the rules of gentlemanly conduct, rough, and dangerous play. Courage and fighting spirit were glorified by the body contact and rough play brought about by the amateur players and the elimination of the penalty kick. A premium was put on aggressive play by eliminating the off-side rule and by making the defense weaker than the offense, thus making it impossible to protect the goal adequately. On a short field, to allow the ball to be thrown-in from the side line with one hand either puts that team on the offense or gives them a scoring opportunity.

The time (ten single or five double periods) allowed to each sport for the coaching of fundamentals and team play plus competition required that the rules be easy to understand and the team play simple to execute. This caused the violations to be reduced to two; namely, (1) intentional use of the hands and arms, and (2) playing the man instead of the ball, such as pushing, tripping, holding, and blocking. Team play was simplified by reducing the number of players to eight, four forwards two halfbacks, one fullback, and a goalkeeper.

The size of the field was reduced to 75 x 50 yards, as this size would enable more players to participate per square yard of space. It was felt that space for this size of field would be easier to find than one with greater dimensions. Two of these fields laid out side by side would make one regulation size eleven man soccer field for the playing of International Soccer if desired.

This streamlined game, known as Naval Aviation eight-man soccer, has justified itself in that it is a fast, high scoring, popular game which allows for much exercise in a small amount of time for many cadets with a minimum of injuries. It has been demonstrated that little time need be spent on the practice of fundamental



PLATE 58. Eight-man soccer fields. (Note that four small fields allow 64 cadets to play at the same time.)

skills by the cadets in order to enjoy the game. It has been found that it is more worthwhile to have quantities of players with poor ability than to have fewer players of better quality participating.

*The positions and duties of players.*—The duty of the forward line is to attack the opponent's goal or to place themselves so that they are ready to go immediately into offensive action. The duty of the wing forwards is first to advance the ball and second to close the goal when the insides take a shot. The duties of the inside forwards is to assist the wings in advancing the ball and to shoot for goals. Each forward is responsible for the ball when it is in the area shown in the diagram. The duties of the backs are to defend their own goal, take the ball away from their opponents and pass it up to the forwards. The left halfback is responsible for the

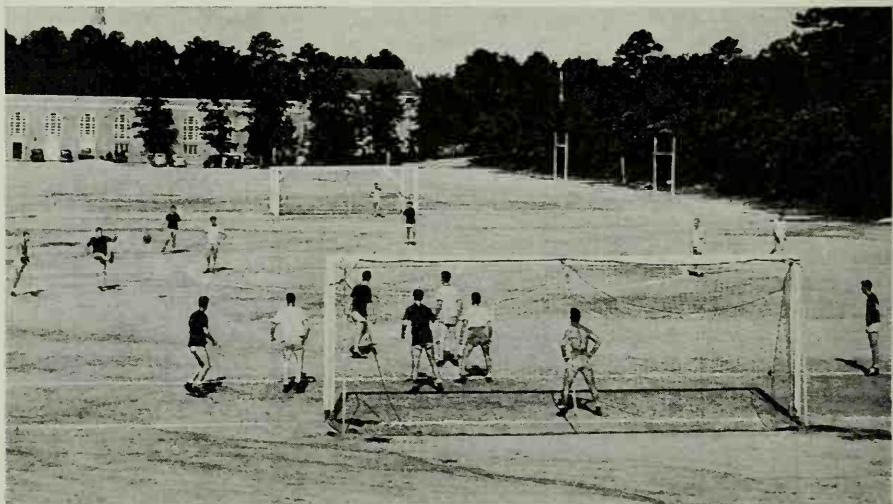


PLATE 59. Free kick. (Note good position of forwards on both teams.)

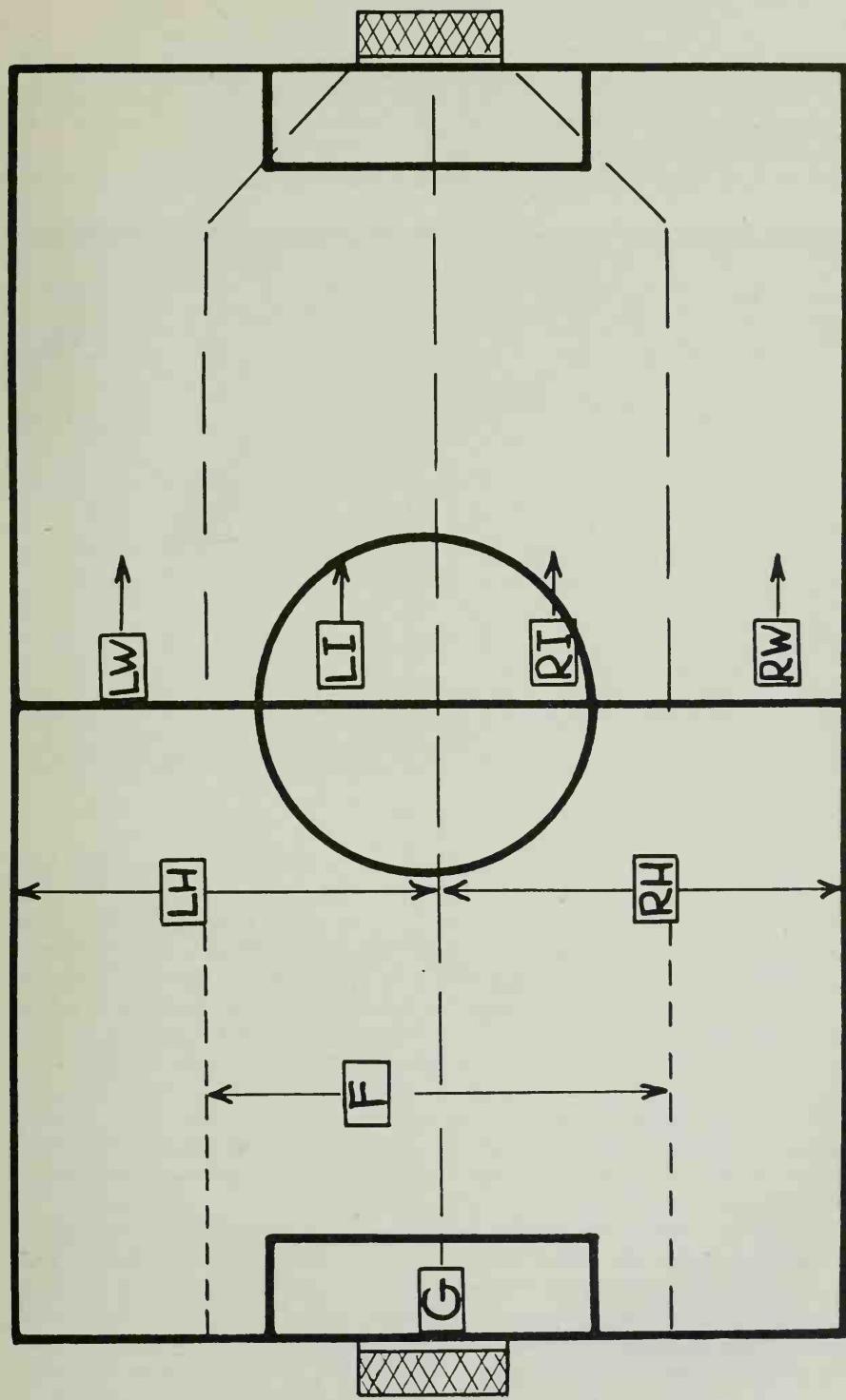


DIAGRAM 48. Positions and zones for eight-man soccer.

ball when it is in his half of the field. The right half is responsible when the ball is in his half of the field. The fullback backs up the halfbacks on either side but is primarily responsible for the ball when it is in the center half of the field as shown by the dotted lines in diagram 48.

*The kick-off.*—To take the kick-off the two inside forwards move into the center



PLATE 60. *Kick-off.*

of the circle and stand side by side. Kick-off plays as shown in Chapter VIII may be used from this formation. The goalkeepers have the privilege of using their hands anywhere in the field of play opening up the possibility of another series of kick-off plays as shown in diagram 49. Here the ball is kicked-off by the right inside forward and passed back to the goalkeeper by the left inside forward. The goalkeeper then has the choice of dribbling the ball up the field or throwing to any of his forwards that are in the clear. The defensive wing should cover the offensive wing player for ten yards or until he is picked up by the halfbacks. One defensive inside forward should rush the ball, while the other inside forward covers the offensive inside forward who takes the kick-off. As soon as this inside forward has penetrated the defense, he should be marked by the defensive fullback. The fullback on the side kicking-off drops back to protect the goal until relieved by the goalkeeper.

*The offense.*—When the ball has been advanced to within scoring distance of the opponent's goal, the two wing forwards should take a position about a yard out into the playing field from the goal post and a yard toward the side line from it. With no off-side rule to prevent them from so closing the goal, they should take their position here as soon as the ball has been passed to the inside forward. The halfbacks should move up to the center of the field and station themselves

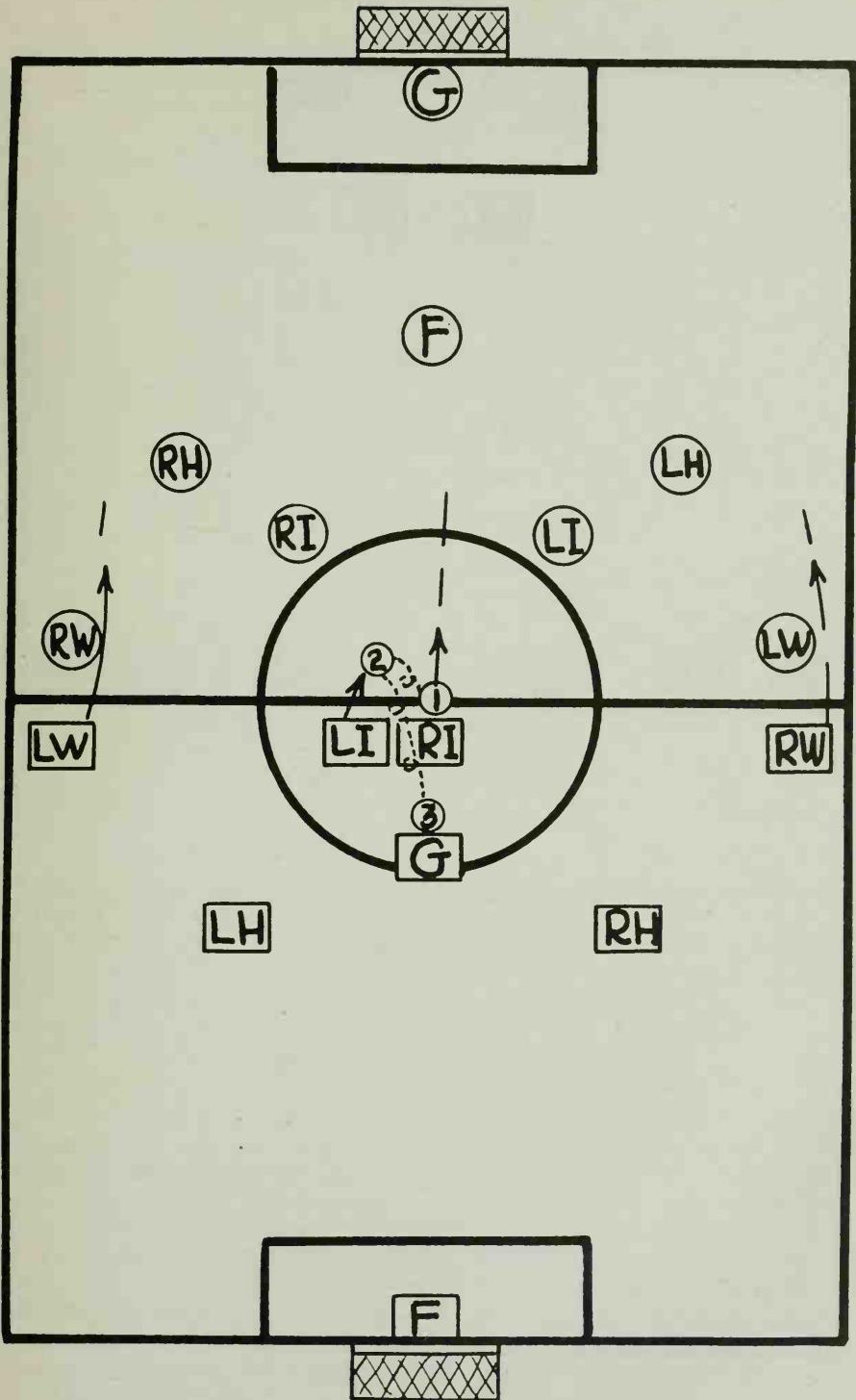


DIAGRAM 49. Kick-off play using goalkeeper.

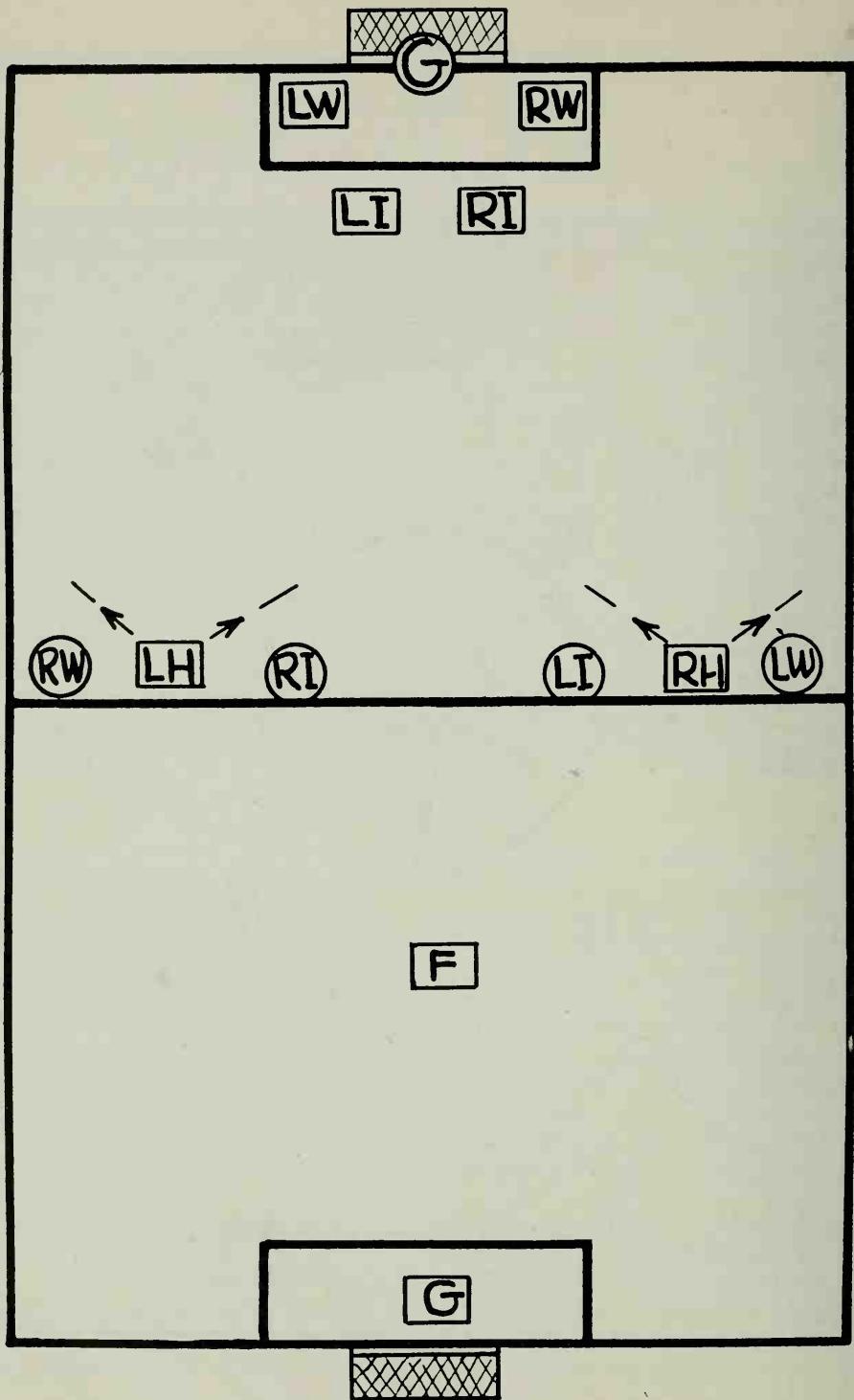


DIAGRAM 50. Positions of players near opponent's goal.

between the wing and inside forwards, from which position they should attempt to intercept any pass to these players and again return the ball to their forward line. The fullback moves up to within ten or fifteen yards of the center of the field to intercept any long kicks up the center and to back up either wing halfback.

*The defense.*—The backs play a zone defense until the ball nears their

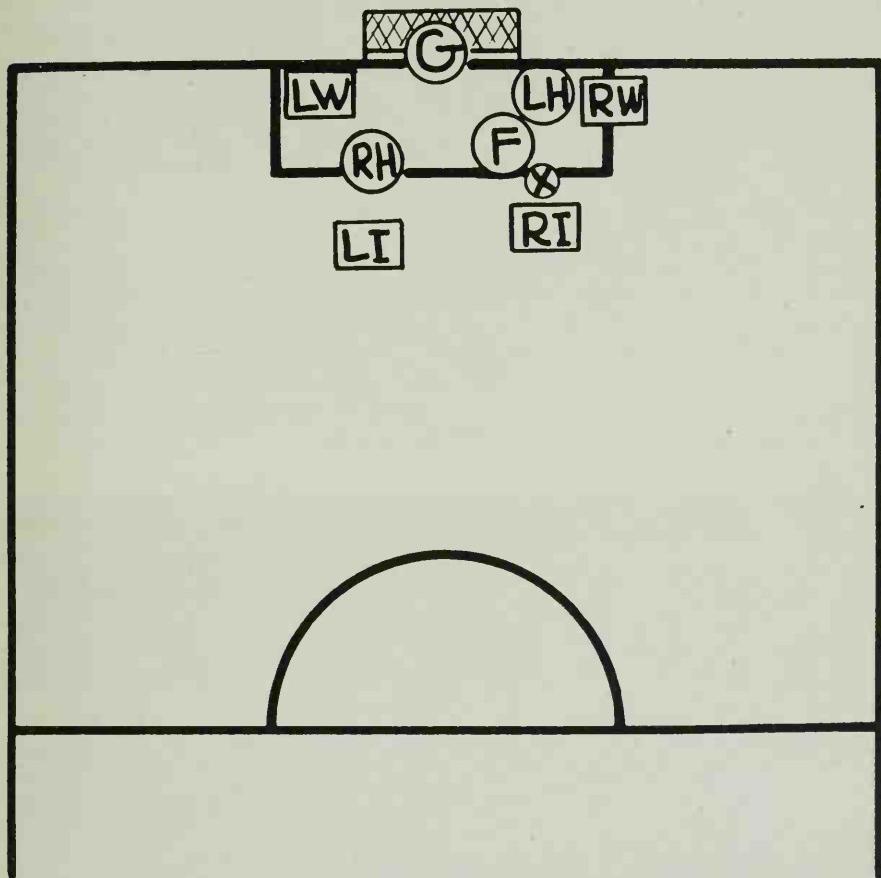


DIAGRAM 51. *Defense near own goal.*

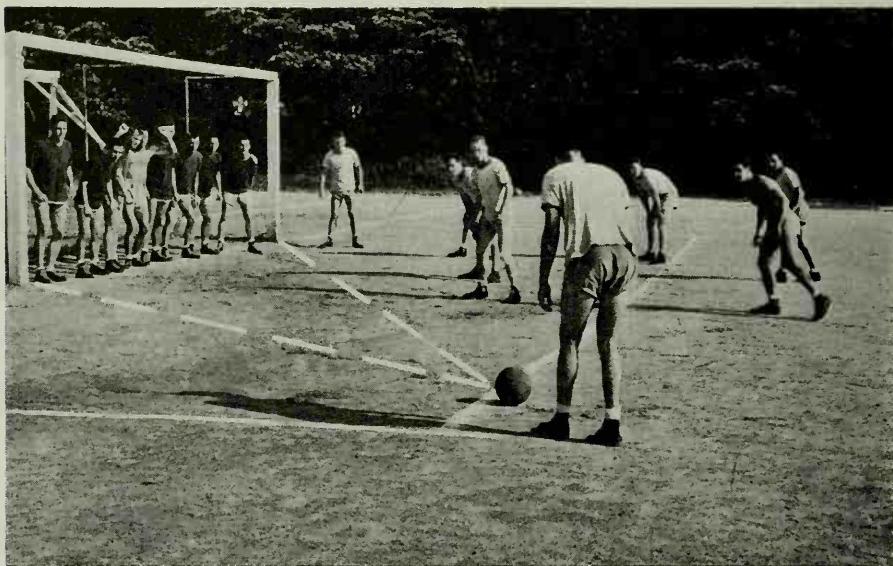
goal, and then shift to a man-for-man defense. The fullback covers the inside that has the ball or is nearest to the wing forward that has the ball. The halfbacks then mark the wing that has the ball or is nearest to the inside that has ball and the other inside forward. The halfback covering this inside forward should station himself so that he can intercept any passes made to the open wing forward.

*The corner kick.*—This will be taken by one of the wing forwards. The other three forwards should be marked man-for-man by the backs with the goalkeeper responsible for handling any fly balls. If the team taking the corner kick sends either or both of their halfbacks up, these men should be marked by the inside forwards. Otherwise the situation is the same as described for corner kick in Chapter VIII.

PLATE 61. *Corner kick.*

*The throw-in.*—When the defense can be caught out of position by a quick throw-in, then the throw-in should be taken by the player nearest the ball. Provided the defense is set, the throw-in should be made by the halfback. The same plays as described in Chapter VIII should be used with the exception that when a man is in the clear in front of the goal, the ball should be thrown to him.

*Free kicks (direct or indirect).*—These should be taken by any of the backs and the plays used should be as described in Chapter VIII.

PLATE 62. *Direct free kick. (Illustrating players may stand nearer than 10 yards to the ball when they are on their goal-line and between the goal posts, and the angle of possible shot.)*

*The goalkeeper.*—When the goalkeeper's team is ahead, the goalkeeper should remain in his goal and play the same as he would in the eleven man soccer game. When the goalkeeper's team is behind or there are only a few minutes to play and

the score is a tie, the goalkeeper should come out of his goal and the fullback should drop back into the goal. The goalkeeper should rove the field and back up his forward line on the attack, should receive free kicks from his own halfbacks, should receive the throw-ins, should advance the ball until he is fouled and should be constantly on the alert to roll the ball to any of his teammates that are in a good position to score. He may also attempt to drop-kick or punt the ball into



PLATE 63. Advancing the ball. (Note: The full back should be dropping back to cover the goal.)

the goal or he may try to carom the ball off one of the opponents into the goal. A wide-awake, alert and active goalkeeper can add fifty per cent more effectiveness to the offense by this type of play.

### **Rules**

#### *1. Referee*

- a. The referee shall have full discretionary power to enforce the rules as he shall see fit in order to conduct a proper game.
- b. He shall be the official scorer.
- c. His decision shall be final and not subject to protest by word or action on the part of any coach or player.

#### *2. Coaching from sidelines*

Coaching from the benches will be permitted on the part of coaches. Coaches and substitutes must remain on the benches and will not be allowed on the side lines.

*Penalty:* Direct free kick for opponents.

#### *3. Substitutes*

- a. Substitutions and re-substitutions shall not be limited.
- b. Substitutes shall report to the timer, who when the ball is out of play, shall signal the referee that substitutions are about to be made. When this procedure is followed, the substitutes need not report to the referee.

#### *4. Linesmen*

Two linesmen shall be appointed, one from each team, whose duty shall be

to indicate when the ball is out of play and where it went out of play, and to recover the ball.

#### 5. Duration of the game (Optional)

The duration of the game shall be two periods of from twelve to twenty minutes each, with a five minute rest between periods. In case of a tie at the expiration of the second period, two extra periods of three minutes each shall be played. The score at the end of the two extra periods is the final and official score of the game.

#### 6. Methods of scoring

A goal is scored when the whole of the ball passes over the goal line, between the goal posts and under the cross-bar, provided it has not been thrown directly, propelled by hand, arm, or carried by a player of the attacking team.

*Interpretation:* If a thrown ball is played or touched by another player before it enters the goal, it is not considered as a directly thrown ball and counts as a goal.

#### 7. Offside

There shall be no offside rule.

#### 8. The goalkeeper

a. May handle the ball any place on the field.

b. May not withhold the ball from play but must make an immediate effort to get rid of it.

*Penalty:* Drop ball.

c. Must bounce the ball on the ground at least every four steps. A juggle or throw while running will not be considered as a bounce.

*Penalty:* Indirect free kick.

d. Shall not be charged whether he has the ball or not, provided he is within his own goalkeeper's area.

e. Must be ten yards away from the ball on free kicks awarded his own team unless he is making the kick.

#### 9. Free kicks

##### a. Indirect free kick

An indirect free kick is one in which a goal may not be scored until it has been played by a second player, and is awarded in the case of:

(1) Illegal substitution

(2) Goalkeeper carrying the ball

(3) Kick-off

(4) Goal kick

b. Direct free kick. (May score directly from the kick) It is awarded to the opposite team in case of:

(1) Use of hands

(2) Playing man instead of the ball

(3) Corner kick

c. All free kicks are taken from the place where the foul was committed.

#### 10. Throw-in

No limit on method of throwing ball in.

#### 11. Size of field

50 yards x 15 yards.

**12. Timekeeper**

- a. The official time shall be kept on one timer by the *managers* of the teams competing.
- b. Time-out shall be taken from the time that a substitute steps on the field until play is resumed.
- c. Time-out shall be taken from the time that the referee signals that a goal has been scored until the game is restarted by a kick-off.
- d. No other time-out shall be taken except on signal from the referee.
- e. *Overtime allowed for taking of a direct free kick.* If, after a direct free kick has been awarded for a violation of the rules, the timekeeper's horn signals the end of the period, the referee shall allow extra time for the taking of the kick. Play ends when the kick does not result in a score or when it is played by one of the kicker's teammates.

**13. Other rules**

In all instances not covered by the above rules, intercollegiate soccer rules shall be invoked.

**Officiating**

Keep your eyes on the players rather than on the ball, as fouls are made by the players and not by the ball.

Follow the play by covering the center of the field about fifteen yards on either side of the center line. As a scoring threat develops, get as close to the scene of action as possible. On corner kicks stand off the field of play and next to the goal post nearest that corner.

When the goalkeeper is fouled but continues on up the field or gets rid of the ball to his team's advantage, disregard the foul since otherwise it would penalize



PLATE 64. Goalkeeper fouled.

the wrong team. Observe a slow whistle rather than a quick one on all violations except "hands."

When in doubt about intentional use of hands or arms, call it a foul; if in doubt about other violations, do not call them.

When a foul has been committed, indicate it by a short, sharp whistle, name the violation, hurry to place the ball on the spot where the foul was made, indicate the direction in which the kick is to be taken, and again blow the whistle to indicate that the kick may now be taken.

When the whistle is blown to signify that the ball is out of play, it must be blown again to put the ball back in play except on a throw-in, where no second whistle is necessary.

### ***Eleven-man Modified Soccer***

To serve better the changing objectives of soccer in the Naval Aviation Physical Training Program, the eleven-man modified game was designed. It is a step toward transforming the eight-man game into International Soccer which will be played in the Primary, Intermediate and Operational Flight Training Bases. The objectives remain the same but the stress is put on conditioning and skill rather than on rough play.

The rules governing the game are as published in the Official Soccer Guide with the following exceptions:

1. Substitutions and re-substitutions shall not be limited.
2. Coaching will be allowed from the side lines.
3. The throw-in may be taken with one hand.
4. The duration of the game will be four periods of twelve minutes each.

The team situations and the team play of offense and defense will be as described for the international game.

## Glossary

*Active resistance*—To forcefully oppose.

*Angle of possibility* (of possible shot)—That angle formed by imaginary lines drawn from each goal post to the ball and within which the ball must travel in order to enter the goal.

*Backs*—The half and fullbacks.

*Back-up*—To assume a position behind a teammate for the purpose of receiving a pass or of strengthening the defense.

*Beat*—To out-maneuver an opponent by either getting the ball behind him to a teammate or by getting behind him with the ball. Putting an opponent out of the play.

*Center*—To move the ball to the center of the field, usually in front of the goal.

*Center circle*—A ten yard radius circle drawn in the exact center of the field.

*Center line*—A straight line connecting the two side lines midway between the goal lines.

*Charge*—To use any part of the upper shoulder against an opponent to unbalance him.

*Clear*—To move the ball away from the scoring area near the goal.

*Corner kick*—A direct free kick given the offensive team, taken within one yard of the corner of the field.

*Cover*—To guard an opponent by remaining near him. The guarding is not as close as marking.

*Cross*—To move the ball from one side of the field to the other.

*Direct free kick*—A place kick which results in a score when kicked into the goal.

*Draw a back* (an opponent)—To induce an opponent to leave the player he is marking to mark the player with the ball.

*End line*—The boundary line marking the narrow end of the field.

*Dribbling*—To advance the ball by using the feet while keeping the ball within one stride.

*Drop ball*—A means of putting the ball in play after temporary suspension.

*First-time kick*—To kick a ball without first trapping it.

*Goal area*—That portion of the field enclosed by lines drawn six yards into the field from points six yards outside the goal posts.

*Goal kick*—An indirect free kick taken by the defensive team within that half of the goal area nearest to where the ball crossed the goal line.

*Goal line*—The line marking the narrow end of the field.

*Half-volley kick*—To kick a ball the instant after it touches the ground.

*Head*—To hit the ball with the head.

*Hands*—Intentionally touching the ball with any part of the arms or hands.

*Holding*—Obstructing a player's movement with hand or arm.

*Indirect free kick*—A place kick from which a score can not be made until the ball is touched by another player.

*Kick-off*—An indirect free kick used as a means of starting each period of a game or restarting the game after a score.

*Lead*—To pass the ball ahead of the receiver.

*Liquid catch*—Catching the ball with hands and fingers relaxed while the arms are drawn toward the body.

*Loft*—To raise the ball into the air.

*Lunge*—To take a long stride placing the weight on the foot moved.

*Mark*—To remain so near an opponent that his efforts to play the ball would be hampered or nullified.

*Obstruct*—To hamper the movements of an opponent by remaining in the path he wishes to travel.

*Pass*—To kick or head the ball to a teammate.

*Passive resistance*—Using little effort to oppose.

*Penalty area*—That portion of the playing field bounded by lines drawn at right angles to the goal line eighteen yards out from each goal post and eighteen yards into the playing field.

*Penalty kick*—A direct free kick taken from the penalty mark.

*Penalty mark*—A point twelve yards directly in front of each goal usually indicated by a short line.

*Place kick*—A kick at a non-moving ball placed on the ground.

*Punt*—To kick a ball as it is dropped from the hands.

*Play them off-side*—A means of making the offensive players move away from the goal.

As the defensive players move away from the goal, the offensive players must do the same or they will be in an off-side position.

*Save*—To prevent a goal by intercepting the ball.

*Scoring chance*—An opportunity to take a shot at the goal.

*Screen*—To obstruct an opponent's view of the ball.

*Set up (to set the ball up)*—To kick the ball in the air so that it will land near the goal.

*Side line*—The boundary line marking the long side of the playing field.

*Skied*—A ball kicked unnecessarily high in the air.

*Stalemate*—Two players face each other and each waits for the other to make a move.

*Stance*—The position of a player's feet.

*Stop*—The catch or deflection of a shot by the goalkeeper. Usually used in referring to the number of times the goalkeeper prevented a score.

*Strong foot*—The foot with which the player is most proficient.

*Trap*—To stop the ball near the feet.

*Tackle*—To attempt to get the ball away from an opponent, to make him lose control of it, or to cause him to hurry his pass.

*Throw-in*—The method of putting the ball in play when it goes out of play over the side line.

*Volley*—To kick a ball that is in the air at any time other than the instant after it touches the ground.

*Weak foot*—The foot with which the player has the least skill.

*Wing forwards*—The forwards nearest the side lines.

*Wing halfbacks*—The halfbacks on either side of the center halfback.

APPENDIXES

The Naval Aviation Soccer Program

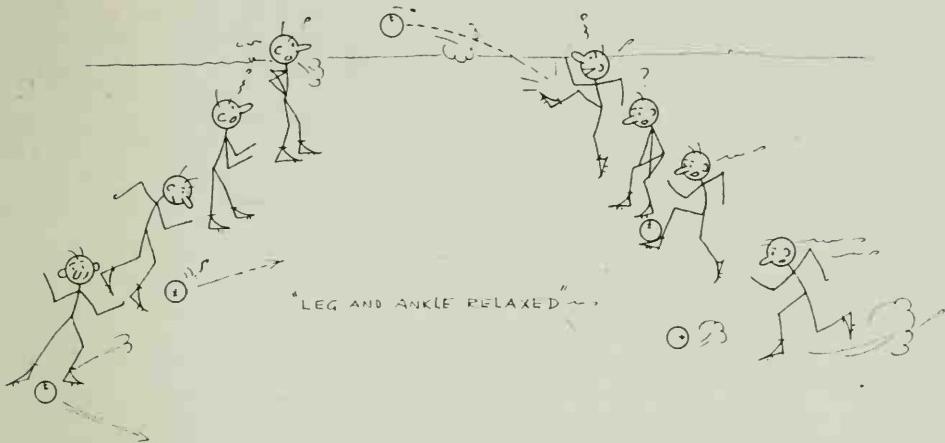


## APPENDIX I

# Drills for Practicing Fundamentals

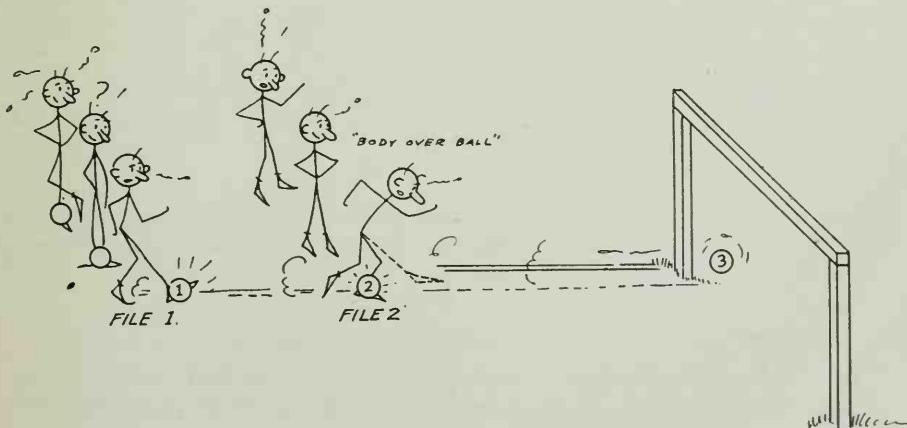
### INSTEP KICKING DRILLS

#### 1. PARALLEL LINES DRILL



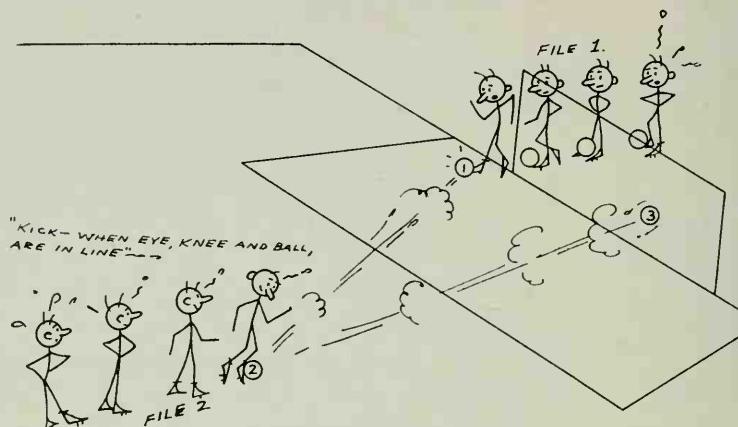
Divide the cadets into two parallel lines facing each other about fifteen yards apart with five yards between individuals in each line. Practice kicking at first for form and, as the lines move farther apart, secondly for distance. Repeat using the weak foot. Trap the ball before kicking.

#### 2. RECEIVE AND SHOOT DRILL



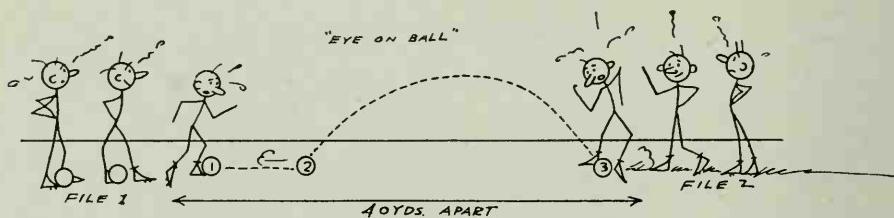
Divide cadets into two files and number the files 1 and 2. The first man in file number 1 passes ball to the first man in file number 2 who shoots for the corner of the goal. 2 retrieves ball and goes to the end of number 1 file. Number 1 goes to the end of number 2 file. The second pair of cadets should start when the ball has been played by the first number 2. Start the kick soon enough to meet the ball as it comes under the body.

### 3. FIRST-TIME KICK DRILL



Use one ball to each pair of cadets. 1 passes to 2 who shoots at goal with instep kick. Repeat with 2 passing to 1. Keep the ball low by kicking it as it comes under the body. Relax the ankle.

### 4. LONG KICK DRILL

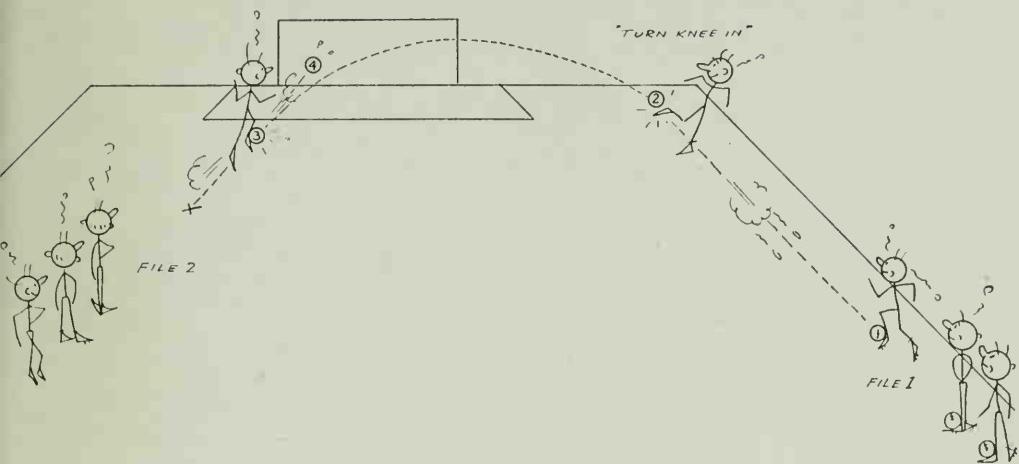


1 pushes ball in direction of 2 and then kicks it. 2 traps ball and repeats same. Place the non-kicking foot ahead of the ball and meet it as it comes alongside. Use parallel line formation.

### 5. FREE GOAL SHOOTING DRILL

Cadets alternate with partner in shooting at goal. Use one ball to every pair of cadets. Emphasize shooting with accuracy from various distances and angles. Use the weak as well as the strong foot.

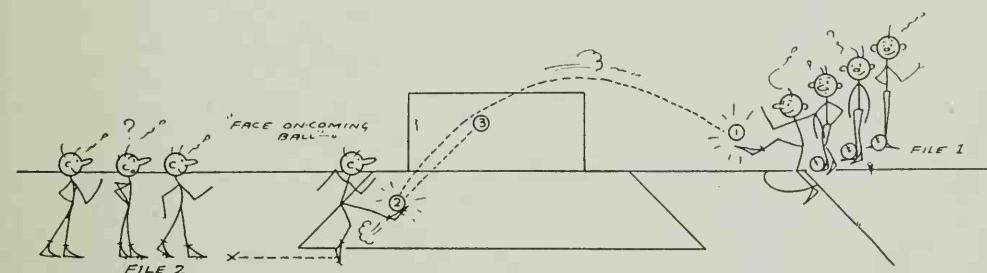
## 6. CENTER AND SHOOT DRILL



1 dribbles down side of field and centers to 2, who shoots for goal. 1 uses right-foot pivot kick. 2 has choice of using outside of right foot or left-foot pivot kick. 2 retrieves ball and goes to end of file 1. After centering 1 falls-in on end of file 2.

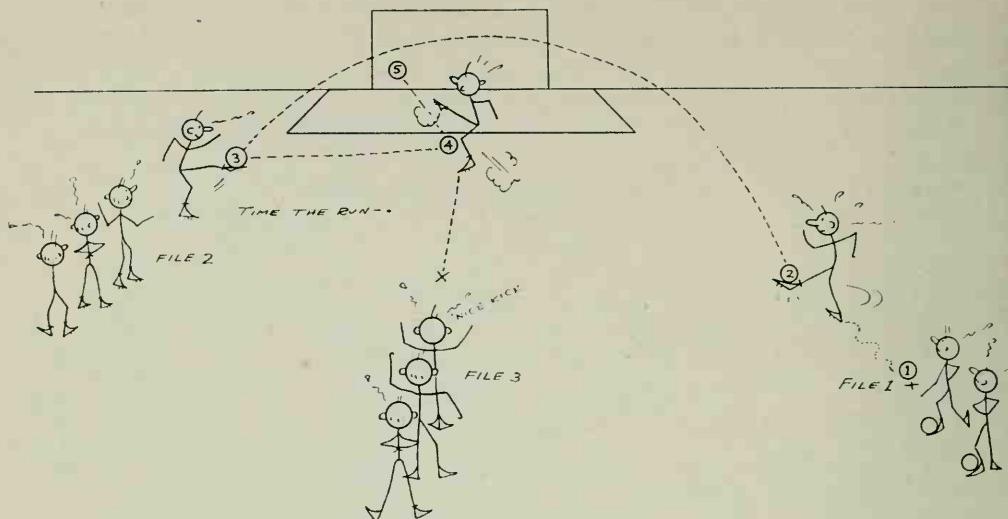
*Note.*—Pivot kicks are called right or left according to which foot kicks the ball, i.e., right-foot pivot kick, right foot meets the ball.

## 7. CORNER KICK DRILL



1 kicks from corner aiming at six yard line; 2 runs in and shoots for goal. 1 uses a left-foot pivot and 2 uses a right-foot pivot kick. Rotate cadets from one file to the other.

## 8. CROSS, CENTER AND SHOOT DRILL



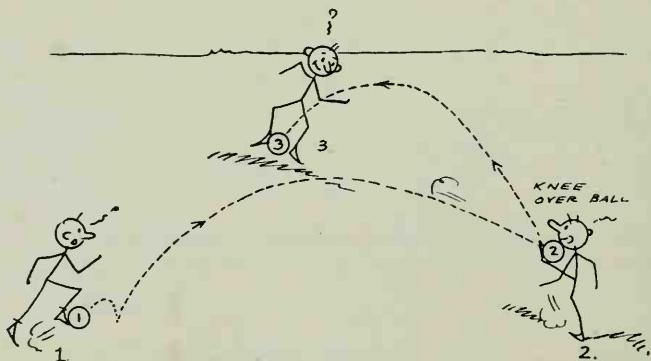
1 takes a short dribble and passes to far corner to 2, who centers ball for 3 to shoot. 1 uses right pivot, 2 uses left pivot, and 3 uses outside of left or right-pivot kick.

## VOLLEY AND HALF-VOLLEY KICKING DRILLS

## 9. VOLLEY KICK DRILL

Practice in pairs. Have one player toss an easy ball to the kicker. Gradually increase the distance and height of the toss. Use the goal, a bank, or a bounding board to kick into or against.

## 10. TRIANGLE VOLLEY DRILL



Practice in groups of three. 1 drop-kicks ball to 2, who volleys to 3. 3 drop-kicks ball to 1, who volleys to 2. Continue. Players start 15 yards apart and gradually increase distance.

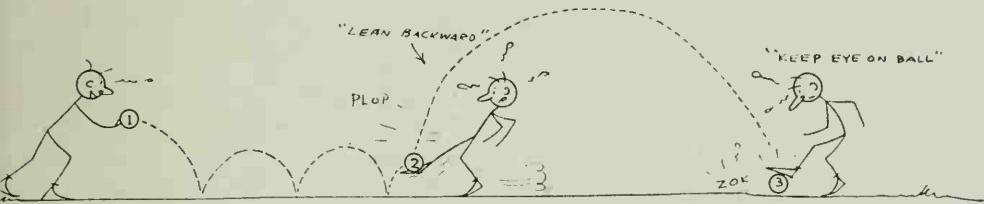
## 11. FIRST-TIME VOLLEY DRILL

Parallel line formation. Drill 1.

Groups 1 and 2 volley back and forth across field. Use 2 men on each side of field per ball.

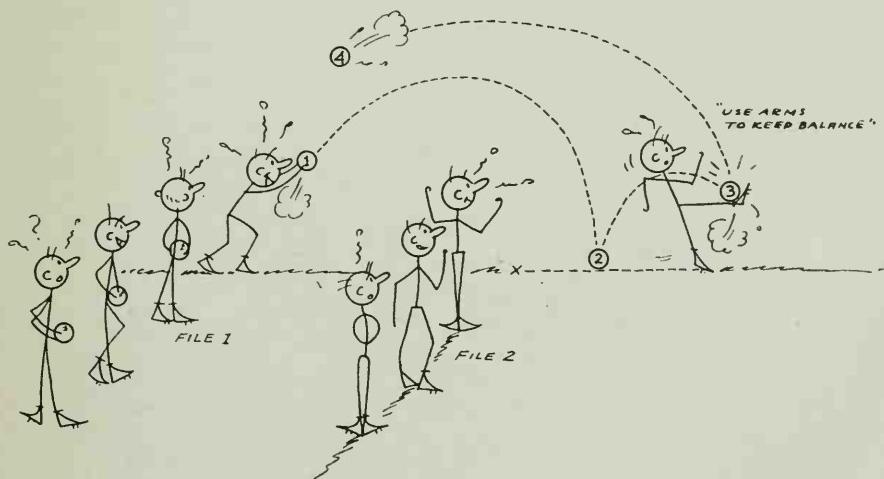
## OVER-HEAD KICKING (LONG) DRILLS

### 12. OVER-HEAD KICK DRILL



Work in groups of three. 1 bounces ball to 2, who over-head kicks to 3. 3 bounces ball to 2, who over-head kicks to 1. Change positions after every second kick.

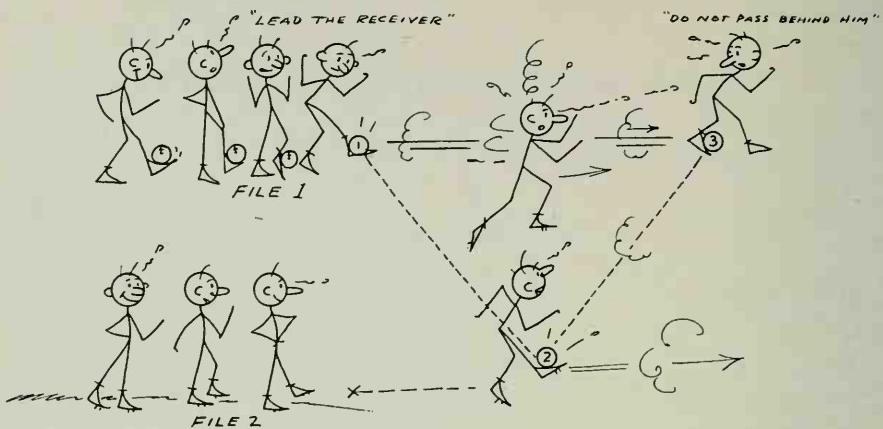
### 13. OVER-HEAD KICK AND DODGE DRILL



1 throws ball over 2's head. 2 attempts to return the ball by an over-head kick on the first bounce. After ball leaves 1's hands, he rushes 2 and attempts to get the ball.

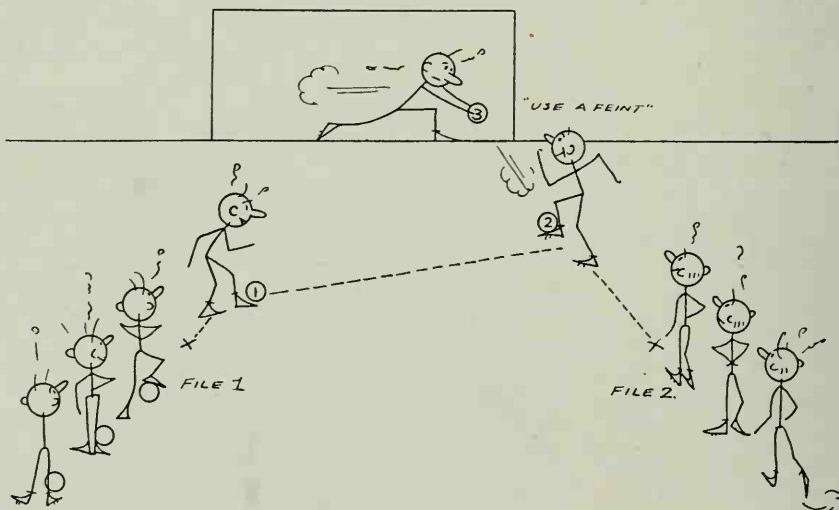
## PASSING OR SHORT KICKING DRILLS

## 14. TWO ON ONE



1 passes to 2, who passes back to 1. 1 uses inside of left and 2 inside of right foot. 3 should stand still at first and then become more active in trying to stop the pass.

## 15. PASS SCORING DRILL

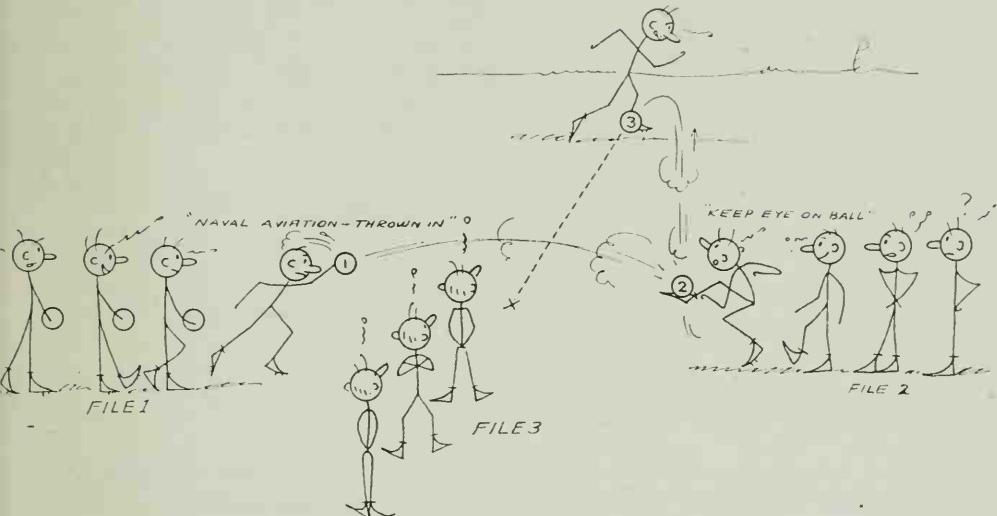


1 starts a dribble and with inside of left foot passes to 2, who tries to pass by the goalkeeper. Change drill by giving 1 the option of shooting or passing to 2.

### 16. LOB AND DODGE DRILL

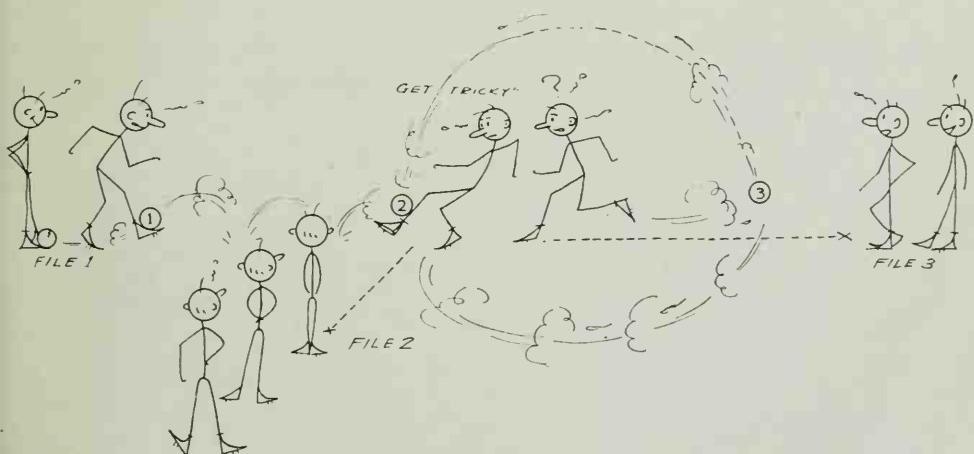
Use Drill 13 formation. 1 bounces ball to 2 and follows up his throw in an effort to get the ball. 2 lob-passes over 1's head. More difficult: Use drop-kick in place of throw and lob before the ball bounces.

### 17. THROW-IN AND LOB DRILL



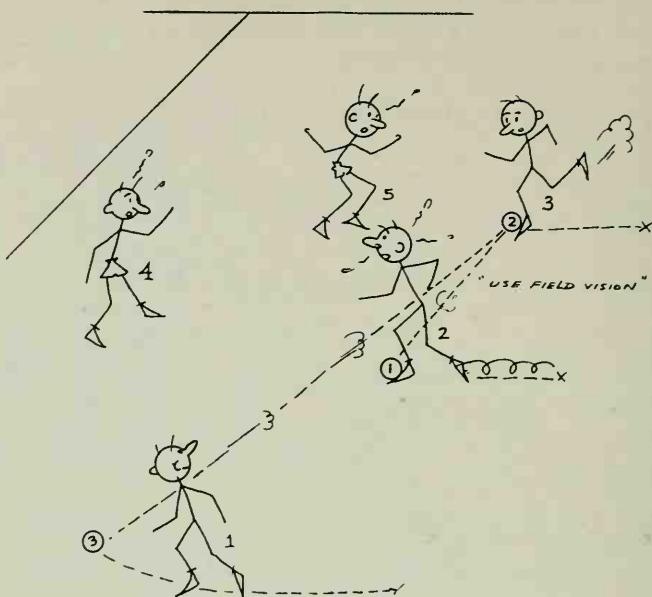
1 throws to 2 who lob-passes to 3. Add one and then two defensive men to give opposition.

### 18. LOB AND EVADE DRILL



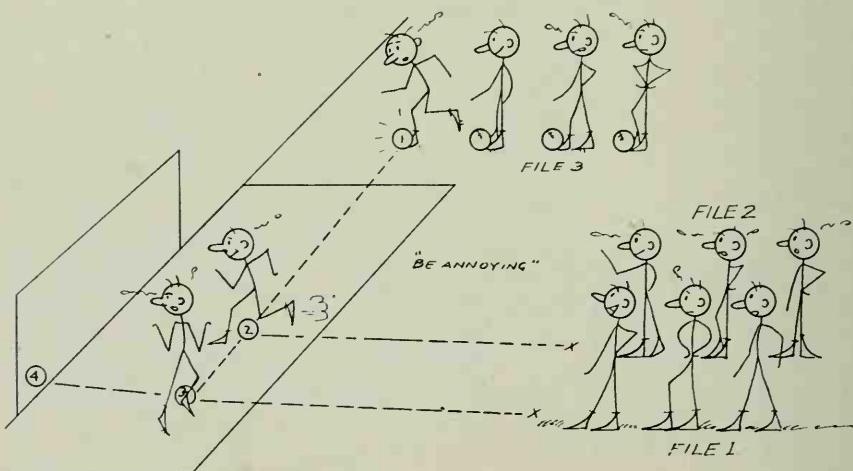
1 bounces to 2, who lob-passes over 3. 3 rushes 2 as soon as the throw is made, in an effort to get the ball. Start with passive and end with active resistance.

## 19. THREE ON TWO DRILL



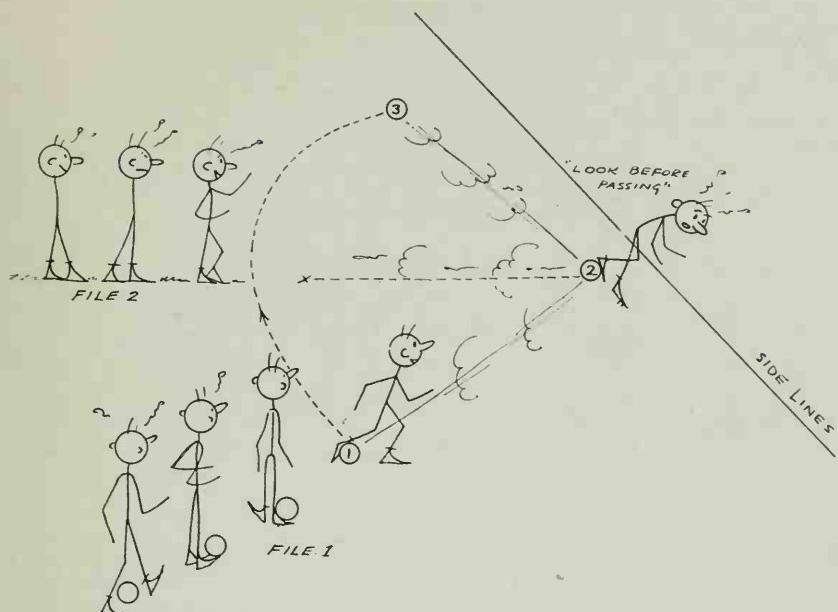
1, 2, and 3 pass the ball back and forth as they run side-by-side down the field. Use inside and outside of foot passes with feints. Add defensive backs 4 and 5. Progress from passive to active resistance.

## 20. BLIND SHOOTING DRILL



3 passes ball across in front of goal. 2 runs along with 1 and attempts to obstruct 1's view of the ball by keeping in his line of vision and stepping over the ball at the last minute. 1 shoots for goal, retrieves the ball and goes to Line 3. 3 moves up to 2 and 2 goes to end of line 1.

## 21. HEEL OR SOLE PASS DRILL



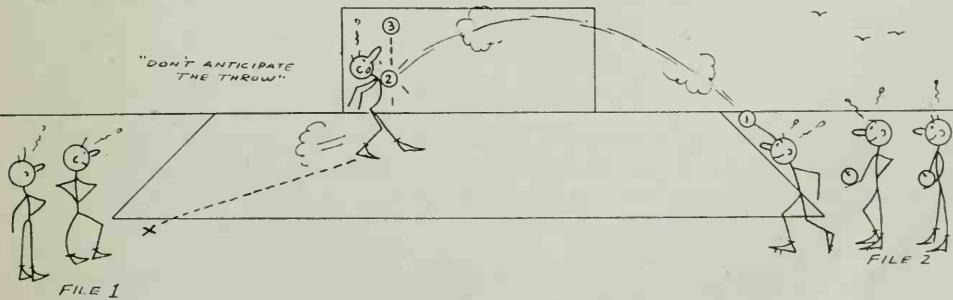
1 kicks ball toward side line and then changes his position. 2 runs for ball and passes it back to 1. 2 must look for 1 before he makes his pass. 1's kick should be fairly slow.

## TRAPPING DRILLS

## 22. DEFLECTION TRAP DRILL

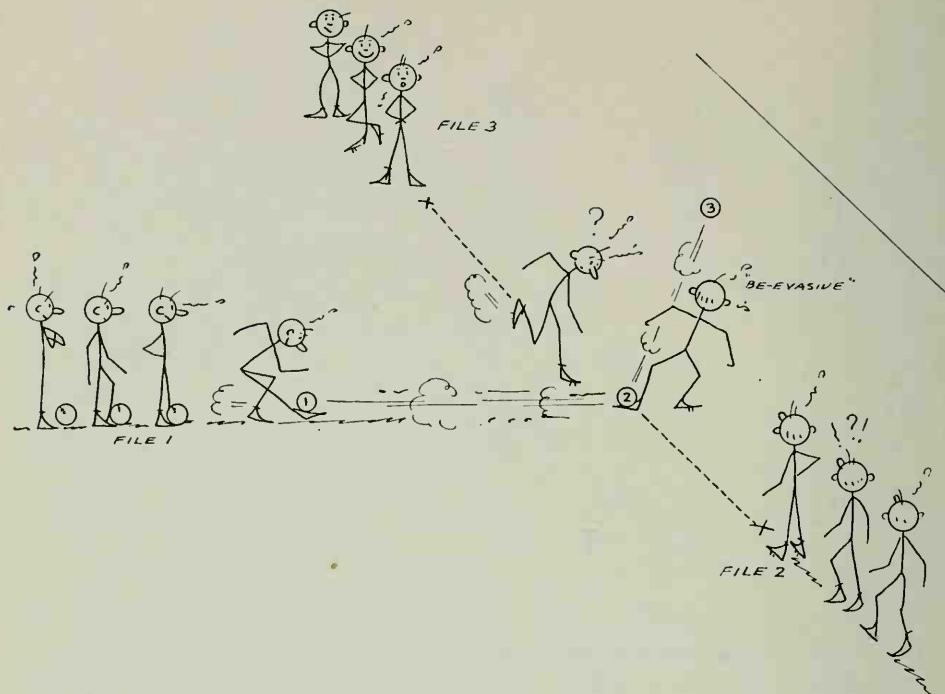
Parallel line formation. 1 passes to 2 and runs forward to regain control of ball. 2 deflects ball to right or left in order to evade 1.

## 23. TRAP SCORING DRILL



2 throws to 1 near the goal post. 1 traps the ball into the net. Ball may be rolled, bounced or thrown in the air.

## 24. DEFLECTION TRAP AND DODGE DRILL



1 passes to 2, who is running. 2 must trap ball by 3, who is coming in to intercept. 3 at first must run in a straight line and slowly; later he may come in as he wishes, either cautiously or aggressively. Change angle of 1's pass to add variety.

## HEADING DRILLS

## 25. HEAD AND DODGE DRILL

1 throws the ball to 2 and follows in to offer passive resistance. 2 heads the ball beyond 1 and attempts to recover it.

## 26. HEAD FOR GOAL DRILL

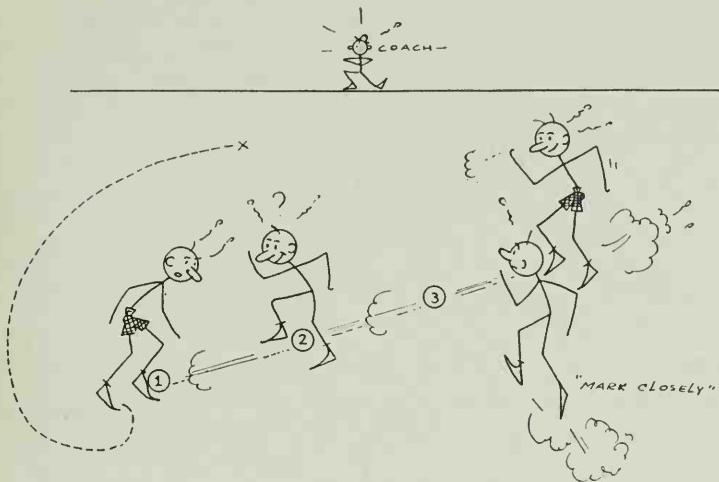
Drill 15 formation. 1 throws to 2 who heads the ball down for a shot at the goal. Vary the distance and the height of the throw to add judgment of speed and depth perception to the drill. May use goalkeeper.

## 27. TRIANGLE HEADING DRILL

Drill 10 formation. 1 throws to 2, who heads to 3. 3 throws to 1, who heads to 2. Continue. Use with four men, to increase the heading angle.

## BALL CONTROL DRILLS

### 28. Two Against Two Drill



One pair of players tries to keep the ball away from another pair. This is a very strenuous drill which will develop endurance as well as afford practice in passing, receiving, trapping, heading, marking, dribbling, tackling, charging, feinting, and use of pivots.

### 29. PLAYING THE BALL DRILL



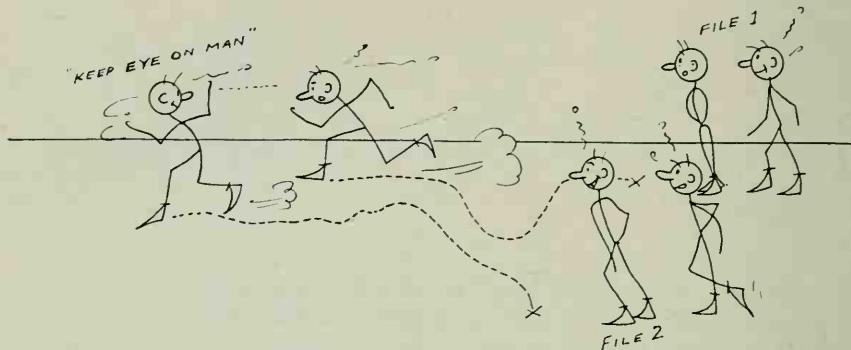
The player attempts to keep the ball bouncing by playing it with his head, foot, or body between each bounce. He should vary the height of his kicks from low to fairly high ones, should vary the type of kicks to include inside of foot lob, instep kicks, and short over-head kicks, and should vary the direction of the headed balls.

## TACKLING AND OBSTRUCTING DRILLS

### 30. MASS TACKLING DRILL

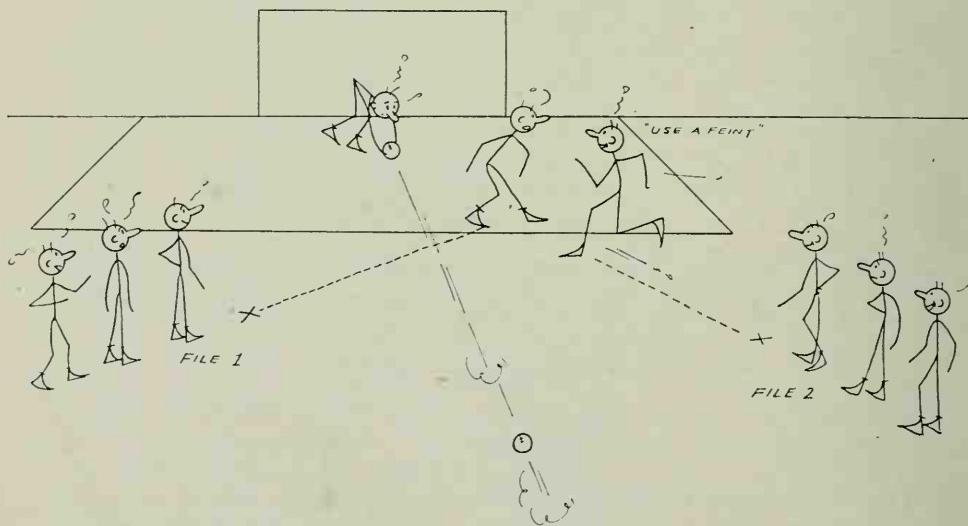
Parallel line formation. #1 players start dribbling from the side line on signal and are tackled by #2 players who are waiting at midfield. #2 players may continue attempts to obtain ball until 1's have reached the other side line. Continue with #2 players moving sideward one cadet so that they tackle a different #1 player each time.

### 31. OBSTRUCTING DRILL



1 attempts to move along the side lines while 2 obstructs. (No ball.)

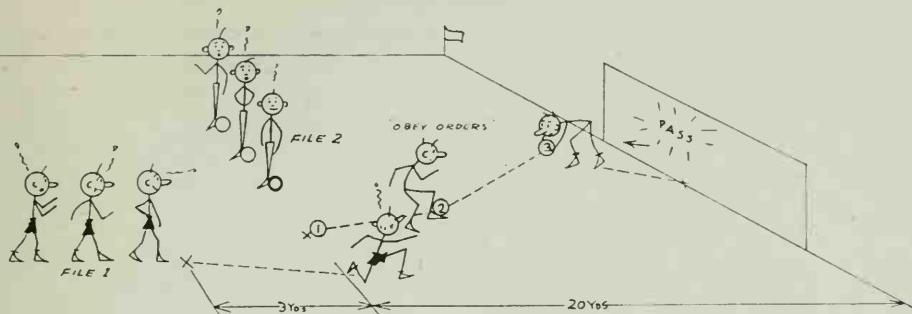
### 32. BACKS AGAINST FORWARDS DRILL



Place the backs in line 1 and the forwards in line 2. As the ball is rolled toward the goal, 1 and 2 start. 1 tries to cut in front of and obstruct 2 to enable G to get the ball.

## GOALKEEPER DRILLS

### 33. CALLING FOR THE BALL DRILL

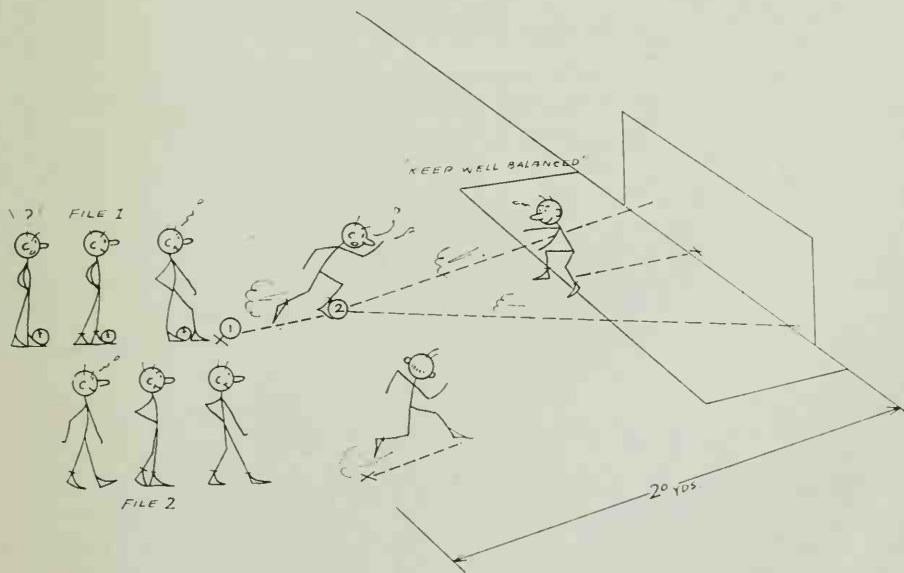


At the command "go" 1 and 2 start directly or diagonally toward the goal. 2 may try to trick 1 and turn the ball or on a call for the ball by the goalkeeper pass to him. 1 keeps after the ball. Passes to the goalkeeper should be made toward the outside of the nearest goal post.

### 34. STOPPING A DRIBBLER DRILL

Drill 35 formation. Player 1 dribbles toward the goal. The goalkeeper advances about six yards to narrow the angle of possible shot. 1 must be made to dribble at full speed as he would in this situation in a game.

### 35. STOPPING TWO MEN DRILL

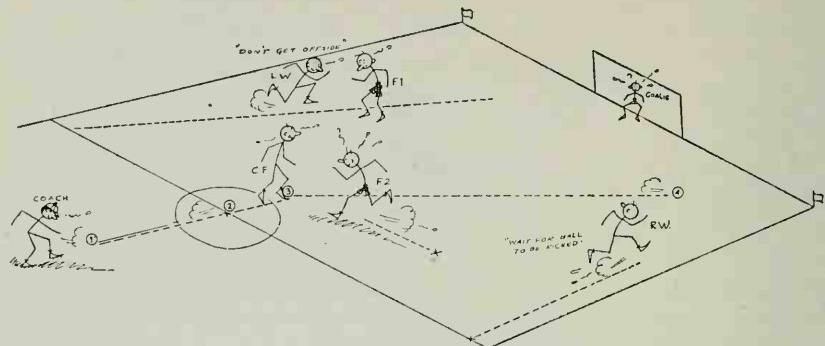


1 and 2 attack the goal at full speed. G should shorten the angle on 1 in case 1 tries to shoot. After shortening the angle he may try to feint 1 into passing. He

then has the choice of trying to intercept the pass, trying to reach 2 at the same time as the pass, shift to narrow the angle of 2's shot, or drop back to the goal line.

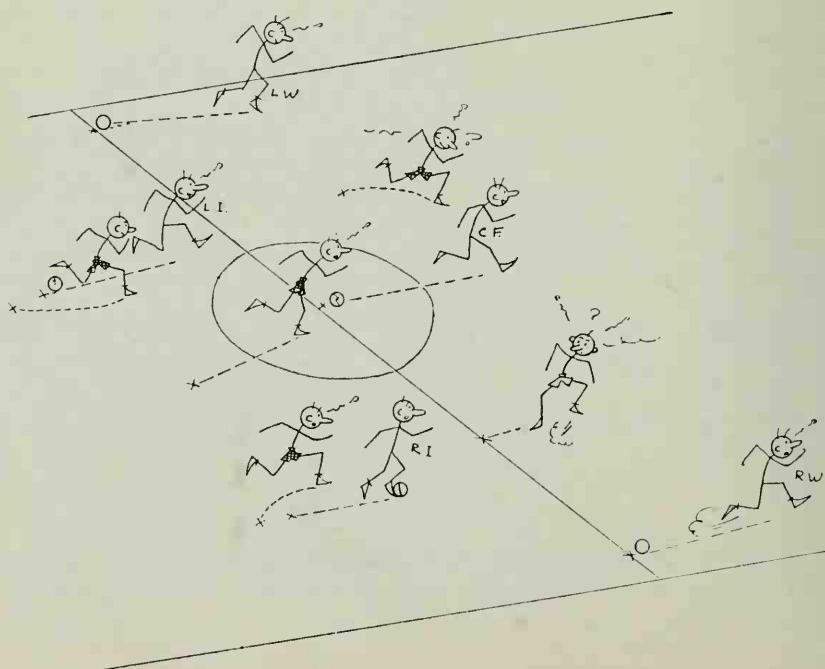
## ATTACK DRILLS

### 36. THREE MAN QUICK-BREAKING DRILL



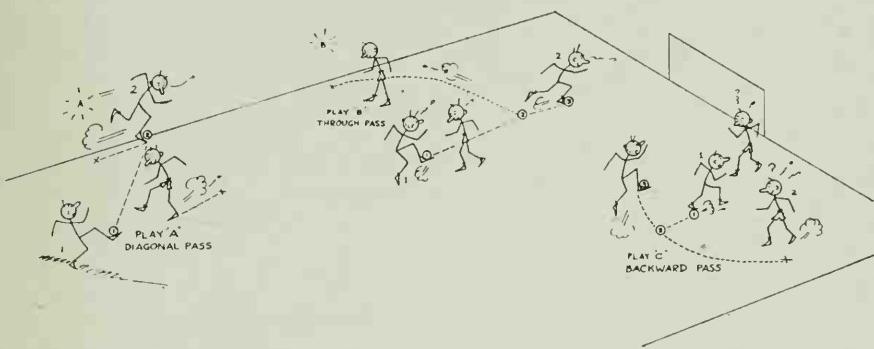
The center forward receives the ball, and draws a fullback to him by starting a dribble. If F-2 is drawn to him, he passes to R.W. toward the far corner, and sprints for the goal. L.W. cuts directly for the goal post on his side of the field. R.W. receives the ball and dribbles directly for the goal until he draws a back. He then passes to the unmarked forward. If he does not draw a back he should take a shot. Practice at top speed. Repeat drill against fullbacks playing in all possible defensive positions. Allow C.F. to attempt to beat his man and shoot when he has an opportunity.

### 37. FIVE MAN QUICK-BREAKING DRILL



Each forward has a ball at his feet. The ball of the player named is in play. If the coach calls "right inside," the right inside's ball is in play and he immediately starts with a dribble or a pass. By giving the center and inside forwards a step or two advantage over the halfbacks all forwards are momentarily free to start an attack. Emphasize speed.

### 38. TWO MEN COMBINATION PLAY DRILL



Combination play *A* is a diagonal pass from one forward (1) to another (2). Combination *B* is a through pass by #1 and always made to the player calling it. Combination *C* is a backward pass by #1 to #2 who is cutting around and in back of #1.

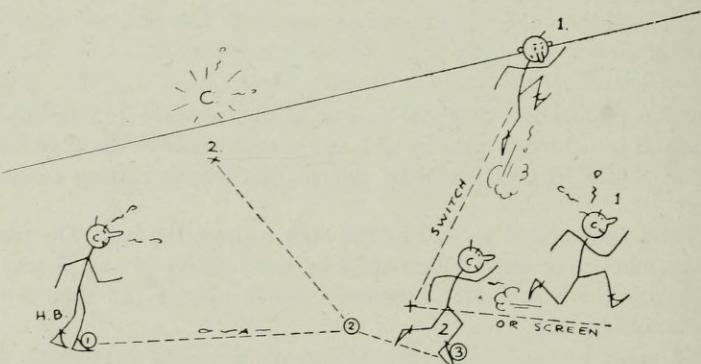
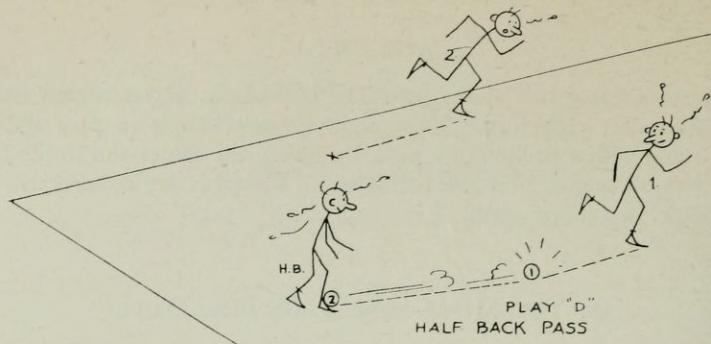
Plays should be executed on call by the man without the ball. The play should be called by number or letter rather than by word. Plays *A* and *B* may be used with #2 having the ball. *B* then becomes a switch play as #1 should move into the place vacated by #2.

*A* should rarely be used when near opponent's goal line because of danger of ball going over end line and the difficult angle of centering the ball. *B* is a good play to use around the penalty area line as it gives #2 a possible shot or an easy center. *C* is indicated when the ball is within a few yards of the goal line. These plays may be used by the inside and the center forward or by the inside and the wing. Practice without opposition and then against one back.

### 39. THREE MAN COMBINATION PLAY DRILL

Play *D* is a pass back to the halfback by either #1 or #2. The halfback should dribble the ball while 1 and 2 continue to run forward until the halfback has drawn an opponent. The halfback may pass to either 1 or 2, whichever calls for play *A*.

Play *B* would be a through pass to 2 only. 1 should move toward the center of the field to draw his marker out of the way. (See following page for illustration.)



THREE-MAN COMBINATION PLAY DRILL

Play C may be used on call by #2, in which case #1 has the choice of moving toward the center of the field and screening or obstructing for 2, or of switching to #2's position.

A B play called by either #1 or by the center forward as a C play is completed will often place a man in a scoring position.

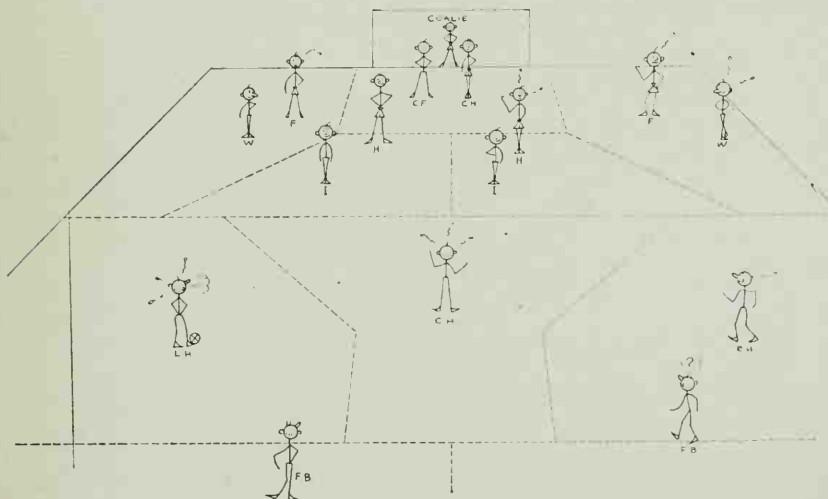
Practice until the cadets have developed the habit of advancing and calling the plays correctly before adding opposition.

In adding opposition, use one back, then two, and then three. When two or three backs are used, most of the likely game situations are covered. Practice all forwards and all backs and combinations thereof to make sure that all understand the signals.

#### 40. POSITION DRILL

The forward line starts from the center of the field and attacks against two full-backs and the goalkeeper. Concentrate on cadets holding proper position and calling combination plays.

#### 41. HALF-FIELD SCRIMMAGE DRILL



Spot the attacking team in the position that you want them to occupy when the ball is near the opponent's goal. Point out to them the territory in which they should cover the ball. (The assigned areas as illustrated above should be changed to meet the type of attack being used.) Use five defensive players and a goalkeeper to protect the goal. Have one of the halfbacks put the ball in play by a pass to a forward. When the ball is cleared the backs pass it up to the forwards. The forwards should keep continually moving in their territory in order to be in position

to receive a pass from the backs. The center half should be encouraged to dribble in and shoot or to dribble in, draw a back and then pass to the unmarked forward.

#### 42. POSITION PLAY DRILL

Have the forwards attack with the ball on the wing and the backs defending according to zone or man-for-man defense. Use substitute forwards until backs are well trained in their duties, then use substitute offensive halfbacks to make the attack stronger.

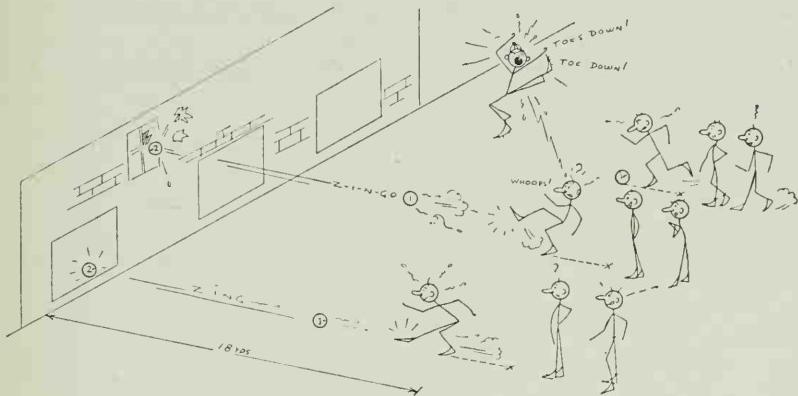
#### 43. MARKING DRILL

Any number of forwards on the field each with a back assigned to mark them. The forwards dodge, pivot, and use change of pace to get away from their marker. The coach starts and stops the drill by blowing a whistle. The back has his man marked if he can touch his forward each time the second whistle blows.

## APPENDIX II

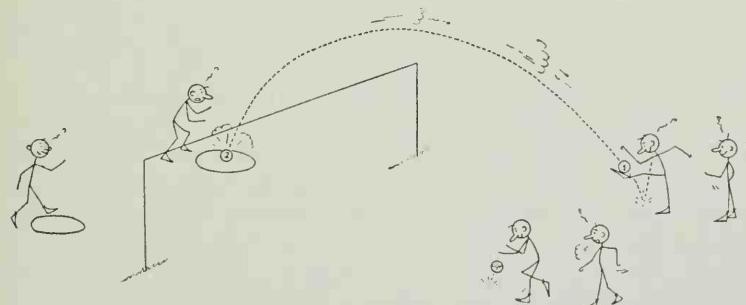
# Games for Practicing Fundamentals

### 1. TARGET SHOOTING (ACCURACY OF AIM)



Use the instep kick or any of its variations to hit a target drawn on a wall or bounding board. Score one for a ball that hits the line. Score two points for a ball hitting entirely within the target. Use no more than three cadets to a target. Winner is the first one to score ten points.

### 2. PLACEMENT KICKING (ACCURACY OF AIM AND POWER)



The object is to drop the ball into the circle by a volley kick over the goal from behind the restraining line. Each cadet bounces the ball for himself. Players take turns in kicking and fielding the ball. Score as for target shooting.

### 3. KICK FOR DISTANCE (FIRST TIME POWER KICKING)

Team A starts game by kicking to Team B. Team B returns the kick, and the game continues. The object is to force the opponents back toward their goal line. That team wins which first kicks the ball over the opponents' goal line. The weak foot of each player is indicated by rolling down the sock or by some other means.

*Rules*.—If the ball is trapped, it must be kicked by the player's weak foot.

If the ball is kicked without trapping, it may be kicked with either foot.

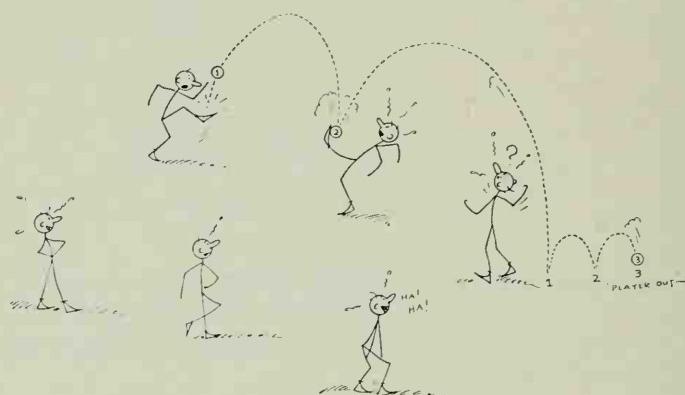
The player who first touches the ball must kick it.

A ball kicked over the side line is put in play where it went out, with a strong-foot placement kick.

*Penalties*.—For intentional use of hands, 10 yards from where ball is finally stopped.

For toe kick, 15 yards from where kick was made and kick is taken over again.

### 4. ELIMINATION (VOLLEY KICKING)



Six players scattered around the field about 20 yards apart. The player in whose direction the ball goes must volley it. If it hits the ground three times or he misses his kick, he is eliminated from the game.

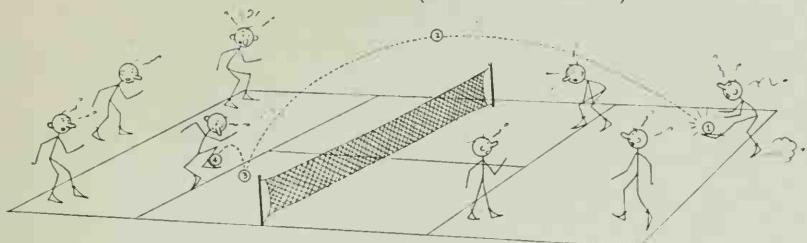
### 5. WALL BALL (BALL CONTROL)

The game may be played against a wall, building, or bounding-board. It is played like one-wall handball with two players on each team. The rules are the same as for handball with the following exceptions: (1) the ball is kicked, (2) the ball is put in play (served) by means of a half-volley kick, (3) the ball may bounce three times before being returned against the wall provided it is played between each bounce by the head, body or feet.

### 6. KICKING DUEL (GOALKEEPER SKILLS)

Two goalkeepers attempt to force each other back by using drop-kicks. The kick is taken from the place where the ball is caught. A ball fumbled is penalized by the loss of ten yards. The player wins who first backs his opponent off the field. Repeat using the weak foot.

### 7. SOCCER TENNIS (BALL CONTROL)

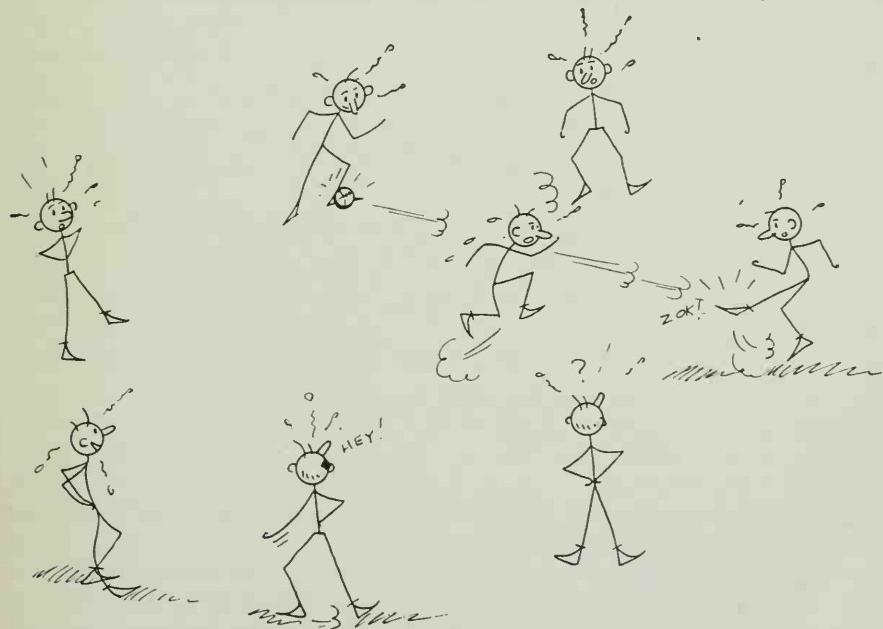


The game is played with four or five on each team. The rules are the same as for tennis except: (1) the service is taken with a half-volley kick, (2) the ball may not be headed over the net, (3) it may be played three times before being returned, but must go over on the third play, (4) it may bounce only once before being played.

### 8. SCRABBLE (OVER-HEAD KICKING)

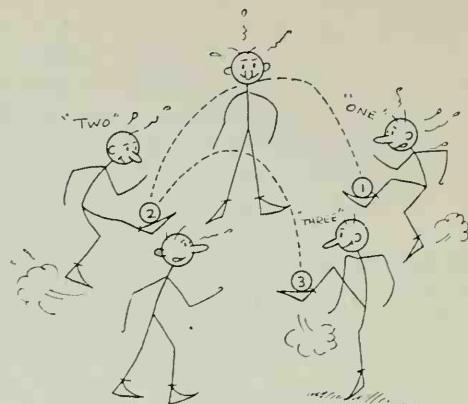
Scatter any number of players around the field. Count one point for each successful over-head kick. The first player to score five points is the winner. Any or all players may attempt to kick the ball at the same time. When at any time the ball stops bouncing it is out of play and is put back in play by any player kicking it into the air.

### 9. CIRCLE KEEP-AWAY (PASSING, FEINTING, TRAPPING)



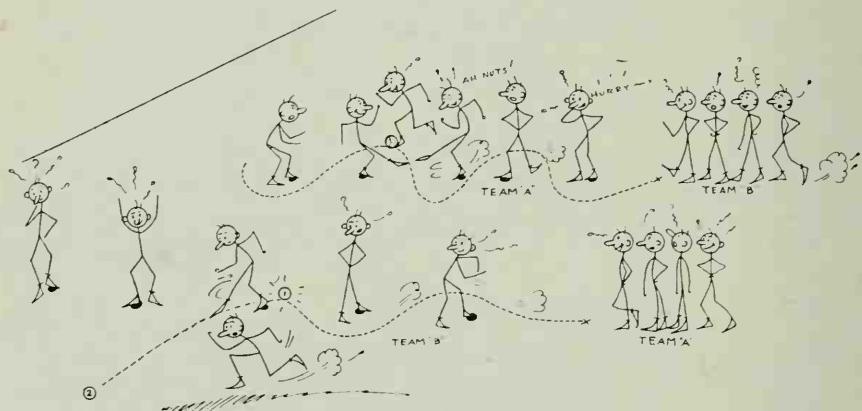
Players form in a circle and try to keep the ball away from "it" in the center. If "it" legally touches the ball, the last man to touch the ball becomes "it." "It" may go after the ball wherever it is played whether in or outside the circle. The game may be made more difficult by using the rule that the ball must be kicked without being trapped.

## 10. KEEP UP (LOB KICKING)



Players are formed in groups of five. They attempt to keep the ball in the air by using lob kicks. No cadet may kick the ball twice in succession. Count the number of successive lobs before the ball hits the ground. If the ball hits the ground, the count starts over again. The group having the most number of consecutive lobs is the winner.

## 11. DRIBBLING RELAY (DRIBBLING)

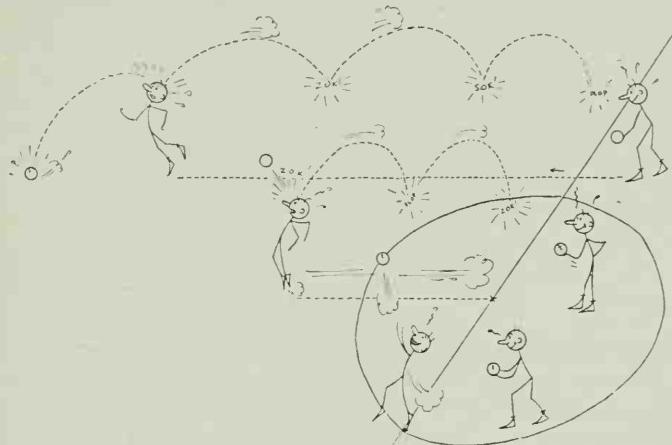


Half of each team lines up in front of half of the other team. At the command "go" the first cadet in each line dribbles in and out around the defensive players, and returns the ball to the next player who may then start his dribble. The defensive players may kick the ball as it passes in front of or in back of them provided they have one foot in place. The team finishing first is the winner and scores one point. For the second half of the race the dribblers and the defensive men change places. The game may be made more difficult for the dribblers by shortening the distances between the defensive men.

## 12. KEEP UP (HEADING)

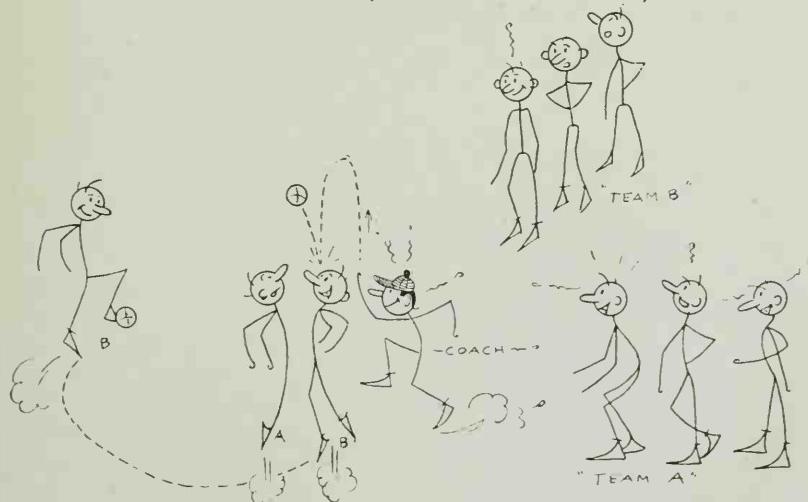
Players compete in groups of two or three to see which group can make the most successive "heads." Rules are the same as for game 10.

## 13. HEADING TRAVEL (DIRECTIONAL HEADING)



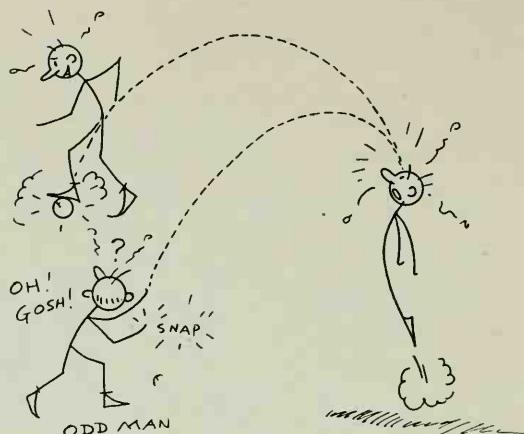
Players attempt to travel down the field by heading the ball forward successively. The player traveling farthest from the starting line to the place where he last headed the ball is the winner. To start his attempt the player throws the ball as far forward as he wishes.

## 14. HEADS UP (PLACEMENT HEADING)



A ball is tossed up between two players who attempt to so head it that they may get it under control. The one so doing, scores one point for his team. A foul scores one point for the opponents. A ball is considered under control when a player has his foot on it.

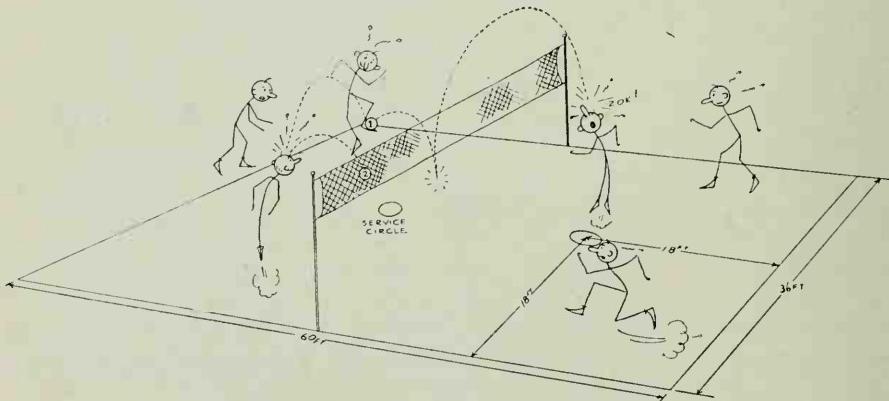
## 15. ODD MAN (HEADING)



A, the odd man, throws the ball to B and then attempts to recover the headed ball. (The ball is considered recovered if the foot is on it.) B has the choice of heading to C or to himself. If B or C succeed in recovering the ball, A is still the odd man and throws it to C. When the "odd man" recovers the ball, the player to whom it was thrown becomes the "odd man." This places the responsibility for a successful pass on the player doing the heading. The players will soon learn to feint and to judge where a ball is being headed, both of which are valuable assets.

## 16. TWO AGAINST TWO (ALL SKILLS)

Use Drill No. 28 and by counting one point for each successful pass keep a score. The first pair of cadets to score ten points is the winner.

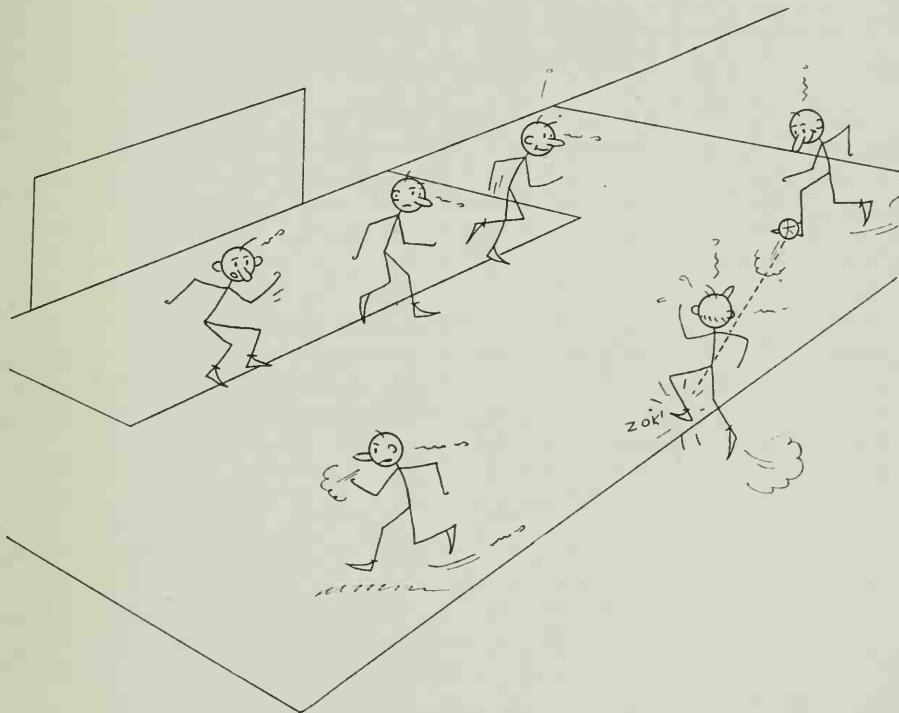
17. SOCCER VOLLEY-BALL<sup>1</sup> (BALL CONTROL)

Three to five players on each team. Size of court—36' x 60'. Top of net—7' from ground.

<sup>1</sup> William Jeffrey, Vol. II, No. III, p. 8, *The Magazine of the National Soccer Coaches Association of America*.

Each man on both sides takes his turn to serve with a header over the net to the opposing team. After service either feet or head are used. The ball may be played three times before returning it over the net to the opposition, with the allowance of one bounce between each play. Failure to return the ball at the end of three plays, or to allow the ball more than one bounce between plays, or playing the ball out of the opponent's court gives the point to the opposition. Fifteen points constitute a game. The game must be won by a margin of two points.

#### 18. THREE ATTACK THREE (PASSING, SHOOTING, TACKLING)



Three players attack the goal, which is defended by the other team of three. The three attackers start from the penalty area line, while the three defenders must remain in the goal area until the attack starts.

*Rules.*—No player may use his hands on the ball. Any foul committed is an indirect free kick. Sides are changed when the defense kicks the ball out of the penalty area, or the attack kicks the ball over the goal line. If the attack scores a goal, they again attack. When the defense plays the ball over the end line, the attack throws it in.

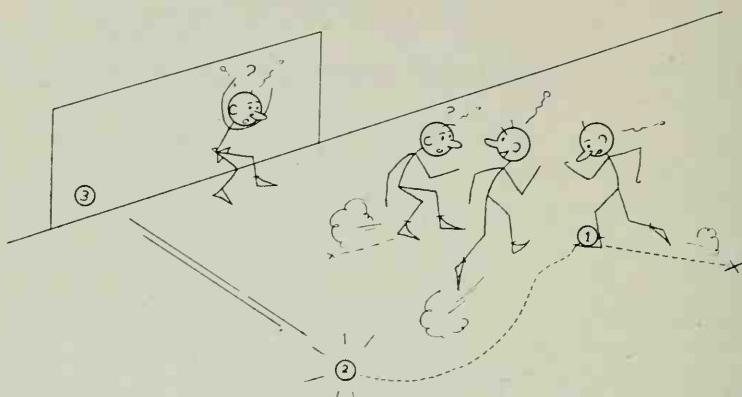
The winner may be determined by fixing the number of goals to terminate the game, or by setting a time limit.

Regulation goals need not be used, as smaller ones or substitutes will answer the purpose.

### 19. MASS DRIBBLING (DRIBBLING AND TACKLING)

Make a game out of Drill No. 30 by scoring one point for each ball successfully carried across the field, and alternating the dribblers with the tacklers.

### 20. WORK UP (DRIBBLING, OBSTRUCTING, SHOOTING)



1 tries to dribble in and shoot a goal. He is aided by 2, who attempts to obstruct 3. 2 may receive and pass the ball but may not shoot. If the shot is missed, 3 takes 2's place, 2 moves up to 1, and 1 becomes 3. Provided 3 gets control of the ball, he changes place with the last one to play it. The goalkeeper remains constant. The player scoring the most goals is the winner.

### 21. WALKING SCRIMMAGE

This is a regular game played at slow speed which permits the coach time to correct the position play of both the defense and the offense.

*Rules.*—Regular rules plus the awarding of a free kick for opponent running. A walk is defined as having one foot on the ground. When both feet are off the ground it is a run. The kick may be either direct or indirect, whichever best suits the purpose of the coach.

### 22. WEAK FOOT SCRIMMAGE

Regular scrimmage and rules are used with the addition of the penalty of a free kick if the ball is passed, kicked, or trapped with the strong foot. The strong foot of each player should be indicated by rolling the stocking down, tieing a handkerchief around it, or some other method.

### APPENDIX III

## Instructional Programs for All Stages of Training

All instructors should realize two facts concerning these instructional programs, namely:

1. That there is a continuity among the various programs and that there should be a tie-up between things learned at one school and instruction received at subsequent schools or stages.
2. That the objectives set up for the program change with the stage involved.

The programs have been so constructed that they offer progressively arranged lessons designed to effectively and wisely meet the cadets' needs in all stages of their aviation training. Care has been taken to avoid repetition and overlapping in the lessons except where it was felt that such repetition and overlapping were necessary in order to complete the learning process or provide the necessary carry-over between widely separated instructional periods.

In planning the lesson program in soccer it was necessary to bear in mind possible and probable changes as to the amount of time the cadet will spend at each stage of his training. Additional lessons have been included over and above the present lesson program so as to make possible the expansion of the soccer program should the schedule permit. As expansions or contractions in the scheduled soccer programs become necessary, directives as to what lessons should be covered at a given stage will be sent to the athletic directors who will in turn inform the coaches. The lessons are numbered consecutively in order that the instructors at each stage of training may continue where the instructors at the previous stage left off. It is highly important for all instructors to follow the approved lessons as closely as possible because unnecessary changes of content will inevitably result in repetition or a loss of continuity. In this way a continuous progressive instruction program will exist and, further, the cadets will receive uniform training.

Scrimmage methods have been graduated in such a manner that the effectiveness of, and conformity with, the contents of the various programs will be enhanced. For example, successful and worthwhile participation in eleven-man soccer requires more skill and finesse than is seen or even desired in the first two stages of cadet training; it is, therefore, placed so that under normal circumstances it will fall in the Pre-Flight Training stage. The scrimmage games are: Naval Aviation eight-man soccer for the Flight Preparatory and War Training Schools, Naval Aviation eleven-man modified soccer for Pre-Flight Schools, and International soccer for the Primary, Intermediate and Operational Flight Training Bases. Where the program calls for the use of eight-man soccer, the game should be played on a field as near the recommended dimensions as possible.

It is strongly recommended that nothing but man-to-man defensive tactics ever be taught or permitted in the instructional programs at any of the various schools and bases. Sports program and varsity teams, where the better players are getting

additional practice over the above the regular instruction given to every cadet, may select and employ a style of defense other than man-to-man. In addition to being the best conditioning type of defense, the battle of skill and wits required in man-to-man defense in a scrimmage will be equally useful when the time comes to fight it out man-to-man with an enemy high in the sky.

Warm-up mass exercises have been eliminated from all these programs. In schools and bases where mass exercises do not precede instructional periods, the warming-up may be accomplished by means of exercises or a review of fundamentals.

Naturally it is realized that all stations do not have exactly the same facilities and that some minor changes may have to be made at the instructors' discretion.

Where existing fields are not quite numerous enough to permit all men to engage in scrimmage at once, attention is called to the fact that a substitute team may be satisfactorily employed. Use a gold and blue team to start the scrimmage and have a "skin team" substitute for blue or gold as soon as a goal has been scored or at the end of ten minutes if no goal is scored. The entering team should be given the kick-off. The substitute team should be practicing individual or game fundamentals rather than observing the scrimmage. Where facilities will not permit all cadets to participate in scrimmage, even with the above plan, it might be necessary to modify the daily content of the suggested program. When modification in content is necessary, general adherence to the given program should be practiced if at all feasible.

The plan suggested for handling a large group where facilities are limited is to divide the group into two equal sections. Section one might be learning drills while section two is scrimmaging, or section one might be using those drills where goals are not needed while section two learns goal drills. At the end of half the period the sections change. Cadets attending the period but on the binnacle list or experienced players may be used to referee scrimmage. Coaching should be continuous during the scrimmage, it is never enough to merely referee. When the game is being played poorly, it should be stopped and the fundamentals necessary for good playing reviewed. When a cadet is playing poorly, he should be taken out of the game and his mistakes corrected.

In line with the principle of not having cadets standing around, it is suggested that in file drills there should not be more than six cadets in each file and that three balls be used. In file drills the cadets should change from one file to another after playing the ball. Where drills are set up on one side of the field, after half the allotted time has expired, they should be changed to the other side. Drills may be conducted informally and not to command.

The plan suggested for mass instruction is to divide the cadets assigned each instructor into two equal sections. Have each cadet choose a partner from within their own section and whenever possible work with him. The partnership should continue through all the periods of the sport. Each pair should have a ball and should be responsible for its return at the end of the period. When not enough balls are available for each two cadets, the cadets may be divided into larger groups. For instruction the cadets are arranged into two converging lines forming a "V" with the instructor at the open end. From here the instructor gives his explanation and demonstrates the fundamental. At the completion of instruction the cadets practice the fundamental in the formation indicated. Usual practice formations are: (1) Parallel lines (series of partners face each other) (2) Circle formation. The

cadets should form into their "V" "on the double" for further instruction on whistle signal by the instructor.

A minute-by-minute time limit has not been assigned the various drills in the separate lesson plans since it is apparent that the length of the participation period may well vary with like schools within a particular stage as well as from stage to stage. In lieu of a definite time limit a percentage of the total time available for a period has been indicated immediately following each drill. The percentage of the total time which is delegated to any one drill should be figured from the time remaining in the regular instruction period after the muster has been taken and the group has been divided for participation. The percentage suggested is for a normal or average group. Experienced instructors may find it advisable to vary this as above or below average classes are handled.

The percentage method of budgeting time will insure a correct apportioning of the available time, but, certain factors may well condition the degree of adherence to this plan. Due to differences among individuals and among classes, or the existence of a long (greater than forty-five minutes) participation period an instructor may notice that a group has mastered a certain technique before the expiration of the allotted percentage of time. Rather than risk a loss of interest or waste time, the instructor should pass on to the next drill and devote the extra time to scrimmage. In instances where the long period envelops what would normally be sports program time, a sports program competition should be organized for one-half of the session.

It is recommended that a five minute talk be given to the cadets at the start of each new stage of soccer instruction. The talk should indicate the manner in which the classes will be handled, the proposed range and content of the instruction, the values which this particular program has to offer (see Chapter II), and where to place gear not being worn. The talk should not only be directed toward stating the objectives but should also serve to give meaning and carry over to the work taught in successive stages.

### NAVAL FLIGHT PREPARATORY SCHOOL SOCCER

As few cadets entering the Naval Flight Preparatory Schools will have knowledge of soccer or the International rules of the game, Naval Aviation eight-man soccer, because of its simplicity and roughness, has been devised. It has an important place in the initial stages of the training program because of the premium which it places upon aggressiveness, body contact, and team play. In conducting the soccer scrimmages it is suggested that the instructor allow for the body contact that the eight-man rules permit while still emphasizing the fundamentals and team play. It should be remembered that the purpose of the program is not to produce skilled players but to condition pilots through sports.

In scheduling games for the second week of soccer the Round Robin tournament plan should be used. Under this plan all teams play each other team once. Because of greater ease in scheduling and the total participation possible, make allowances for an even number of teams. Limit the number of cadets so that no team will have more than a few substitutes and have all cadets play an equal amount of time. The teams may be named after planes, as Vindicators, Buccaneers, Wildcats, Kingfishers, Mustangs, Helldivers, Buffalos, Skyrockets, Devastators, Catalinas, Coronados or Mariners.

## WAR TRAINING SERVICE SCHOOL SOCCER

The cadets should continue to learn more of the skills through the soccer lessons and more about applying them in the Naval Aviation eight-man game through the scrimmages at the War Training Service School. As in the case of the Naval Flight Preparatory School, the stress should be on aggressiveness, drive and team play rather than on finesse. Instill in the cadets the idea of playing to win. Permit them to play rough and tough but stop them short of injurious tactics.

## PRE-FLIGHT SCHOOL SOCCER

The purposes of Naval Aviation eleven-man soccer are almost identical with those for Naval Flight Preparatory School and War Training Service School soccer. The stress should be more on conditioning and developing coordination, balance, ball control, field vision, and the ability to keep cool and be relaxed, than on rough play. The aggressiveness, fighting spirit, and esprit de corps will be given a better chance to develop on the larger field where each player's responsibilities are greater.

Instructors, while exercising the closest possible supervision and preventing an injurious type of play, should keep whistle blowing to a minimum and encourage aggressiveness and initiativeness. Strive for the skillful application of fundamentals and place more emphasis on offensive maneuvers than on defensive team play.

## PRIMARY FLIGHT TRAINING SOCCER

Coming from a "no flying stage" in their training to a stage where flying will be the most important thing they do, cadets are bound to be imbued with a desire to do little else but fly. An evidenced reluctance for contact should not be construed as fear of physical contact but rather fear of an injury which might seriously handicap their all important flying instruction. In consideration of this and to eliminate the danger of injury the program calls for the playing of International soccer in the last three stages of the cadets' training. The ground work and the progression to this worldwide sport has been developed in the first three schools, and by now the cadets should have mastered skill enough to enjoy this open game.

Soccer should be used for conditioning, recreation, to develop individual initiative and confidence, and to foster competitive spirit. The games should be officiated by competent referees and all rules enforced.

## INTERMEDIATE FLIGHT TRAINING SOCCER

International soccer as played in the Intermediate Flight Training Stage should be primarily for purposes of diversion and further condition. Instruction in fundamentals should not be given but an attempt should be made to have the men incorporate previously taught skills and maneuvers into their games.

A warm-up procedure devoting ten to twenty-five percent of the available time to the most liked drills might be used at the start of the period. Instruction in more advanced offenses and defenses may be given if the cadets appear ready for it.

Scrimmages should stress skill and feints rather than body contact. Good officiating, with all fouls being called, should accompany all scrimmages.

## OPERATIONAL FLIGHT TRAINING SOCCER

Soccer at Operational Flight Training Bases should be primarily concerned with offering diversion and a means for maintaining condition.

### SOCcer ABOARD CARRIERS

Since soccer as a game cannot be played aboard a carrier, the games found in Appendix 2 are recommended for conditioning and diversion. Ball control games such as soccer volley-ball and wall ball will enable the players to improve their skill in manipulating the ball. As most foreign and all British ships carry complete soccer equipment, games might be scheduled with them in foreign ports.

### LESSON PLANS

The following lesson plans have been arranged in what is considered to be a clear and logical manner. The lesson numerals refer to the sequence or chronological order of the lesson while the numbers and names of the drills refer to the separate items to be taught in any given day. The page references following the name of each drill indicate where the description of the drill may be found. The percentage figures following the name of each drill refer to the amount of time suggested for each item within the lesson plan. The first twenty-four instructional periods have been designed to meet the needs of Naval Aviation eight-man soccer. When the shift from the eight-man game to the Naval Aviation eleven-man modified soccer is made instruction should start with lesson twenty-five.

## APPENDIX IV

### Lesson Plans

#### LESSON I

		<i>Time Allotment</i>
Introductory talk		10%
Trapping (Parallel line formation)		
Rolling ball—sole of foot (R & L)	Page 39	
Low bounding ball—relaxed leg (R & L)	Page 41	20%
High bounding ball—stomach or chest	Page 41	

#### Drill 1

Simple instep kick (R & L)	Page 23	
Outside of foot (R & L)	Page 25	50%

#### Game 9—Circle keep away

Page 159    20%

#### LESSON 2

Drill 29—Playing the ball	Page 149	10%
Trapping (Parallel line formation)		
Fly ball—sole of foot (R & L)	Page 42	10%
Heading	Page 45	10%
Dribbling	Page 43	10%
Tackling and charging (R & L)	Page 48-51	10%
Drill 1—Pivot instep kick (R & L)	Page 26	50%

#### LESSON 3

Drill 29—Playing the ball	Page 149	10%
Review trapping	Page 38	10%
Drill 14—Two on one	Page 144	40%
Drill 40—Position drill	Page 155	20%
Drill 15—Pass scoring	Page 144	20%

#### LESSON 4

Lecture—How game is played		70%
Names, position and duties of players		
Diagram 48	Page 124-5	

	<i>Time Allotment</i>
Position of players on offense	
Diagram 50	Page 128
Position of players on defense	
Diagram 51	Page 129
Rules and penalties	Page 131
Goalkeepers play	Page 130
Throw-in	Page 130
Goal kick	Page 70
Corner kick	Page 129
Kick-off	Page 126
Diagram 49—Forwards attack goal	Page 127     30%
<b>LESSON 5</b>	
Drill 29—Playing the ball	Page 149     10%
Corner kick—forwards	Page 129
Throw-in—halfbacks	} at same time
Catching—goalkeeper	} 30%
Free kick	Page 62
Game 21—Walking scrimmage	Page 106-8   20%
	Page 164     40%
<b>LESSON 6</b>	
Overhead short kicks	Page 37     10%
Game 12—Keep up (heading)	Page 161     10%
Game 9—Circle keep-away (use knee feints	Page 54) 20%
Drill 15—Pass scoring drill	Page 159     20%
Scrimmage (Start Round-robin)	Page 144     20%
	Page 164     40%
<b>LESSON 7</b>	
Drill 29—Playing the ball	Page 149     10%
Drill 38—Two man combination play	Page 153     30%
Dodging	} 55
Drill 34—goalkeeper	} at same time
Scrimmage (change teams)	Page 151     20%
	Page 164     40%
<b>LESSON 8</b>	
Drill 29—Playing the ball	Page 149     10%
Drill 14—Two on one	Page 144
Drill 35—Goalkeeper	} at same time
Drill 23—Trap scoring	Page 151     20%
Scrimmage (change teams)	Page 147     20%
	Page 164     50%
<b>LESSON 9</b>	
Dodging (review)	Page 55     10%
Drill 24—Deflection trap and dodge	} at same time
Drill 33—Goalkeeper	Page 148     20%
Scrimmage (change teams)	Page 151     70%

*Time  
Allotment*

**LESSON 10**

Drill 29—Playing the ball	Page 149	10%
Drill 6—Center and shoot	Page 141	20%
Scrimmage		70%

**LESSON 11**

Drill 5—Free goal kicking	Page 140	10%
Drill 2—Receive and shoot	Page 139	20%
Game 16—Two against two	Page 162	10%
Drill 21—Heel or sole pass	Page 147	10%
Scrimmage		50%

**LESSON 12**

Drill 5—Free goal kicking	Page 140	10%
Drill 3—First-time kick	Page 140	10%
Drill 7—Corner kick	Page 141	20%
Drill 25—Head and dodge	Page 148	10%
Scrimmage		50%

**LESSON 13**

Drop ball	Page 104	10%
Inside of leg trap	Page 43	10%
Drill 4—Long kick drill	Page 140	20%
Drill 28—Two against two	Page 149	10%
Scrimmage		50%

**LESSON 14**

Volley and half-volley kicks	Page 28	20%
Drill 9—Volley kick	Page 142	10%
Drill 26—Head for goal	Page 148	20%
Scrimmage		50%

**LESSON 15**

Drill 29—Playing the ball	Page 149	10%
Drill 10—Triangle volley	Page 142	20%
Long over-head kick	Page 30	10%
Drill 12—Over-head kick	Page 143	10%
Scrimmage		50%

**LESSON 16**

Game 4—Elimination	Page 158	20%
Inside of foot lob	Page 33	10%
Drill 16—Lob and dodge	Page 145	20%
Scrimmage		50%

**LESSON 17**

Drill 31—Obstructing (Page 52)	Page 150	10%
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		<i>Time Allotment</i>
Drill 18—Lob and evade	Page 145	20%
Game 6—Kicking duel (goalkeepers)	Page 158	20%
Drill 32—Backs against forwards	Page 150	50%
Scrimmage		
<b>LESSON 18</b>		
Drill 29—Playing the ball	Page 149	10%
Drill 8—Cross, center and shoot	Page 142	30%
Scrimmage		60%
<b>LESSON 19</b>		
Game 20—Work-up	Page 164	30%
Scrimmage		70%
<b>LESSON 20</b>		
Drill 10—Triangle volley	Page 142	10%
Drill 20—Blind shooting	Page 146	20%
Scrimmage		70%
<b>LESSON 21</b>		
Drill 27—Triangle heading	Page 148	10%
Drill 22—Deflection trap	Page 147	10%
Game 18—Three attack three	Page 163	30%
Scrimmage		50%
<b>LESSON 22</b>		
Game 10—Keep-up	Page 160	10%
Drill 13—Over-head kick and dodge	Page 143	20%
Game 14—Heads up	Page 161	20%
Game 22—Weak foot scrimmage	Page 164	50%
<b>LESSON 23</b>		
Drill 29—Playing the ball	Page 149	10%
Game 8—Scramble	Page 159	20%
Game 15—Odd man	Page 162	20%
Scrimmage		50%
<b>LESSON 24</b>		
Game 3—Kick for distance	Page 158	50%
Scrimmage		50%
<b>LESSON 25</b>		
Introductory talk		30%
Drill 38—Two man combination play	Page 153	20%
Drill 39—Three man combination play	Page 153	20%
Drill 19—Three on two	Page 146	30%
<b>LESSON 26</b>		
Drill 29—Playing the ball	Page 149	10%
Drill 36—Three man quick break	Page 152	20%
Game 6—Kicking duel (goalkeeper)	Page 158	20%

		<i>Time Allotment</i>
Drill 11—First-time volley	Page 143	30%
Deceptive dribbling	Page 56	20%
Game 11—Dribbling relay	Page 160	20%
<b>LESSON 27</b>		
Divide into permanent teams		
Drill 40—Position	Page 155	30%
Drill 22—Deflection trap	Page 147	10%
Drill 42—Position play	Page 156	30%
Drill 41—Half field scrimmage	Page 155	20%
<b>LESSON 28</b>		
Penalty kick—Diagram 36 and 37	Page 111-2	10%
Scrimmage		90%
<b>LESSON 29</b>		
Drill 5—Free goal shooting	Page 140	10%
Scrimmage		90%
<b>LESSON 30</b>		
Drill 29—Playing the ball	Page 149	10%
Drill 37—Five man quick-break	Page 152	30%
Drill 27—Triangle heading	Page 148	20%
Game 19—Mass dribble and tackle	Page 164	20%
Game 15—Odd man	Page 162	20%
<b>LESSON 31</b>		
Drill 43—Marking	Page 156	10%
Scrimmage		90%
<b>LESSON 32</b>		
Game 13—Heading travel	Page 161	20%
Scrimmage		80%
<b>LESSON 33</b>		
Back heel pivot	Page 59	10%
Screen pivot	Page 60	10%
Scrimmage		80%
<b>LESSON 34</b>		
Drill 29—Playing the ball	Page 149	10%
Scrimmage		90%
<b>LESSON 35</b>		
Introductory talk		10%
Game 17—Soccer volley ball	Page 162	45%
Throw-in	Page 53	10%
Drill 17—Throw-in and lob	Page 145	35%

		<i>Time Allotment</i>
	LESSON 36	
Game 1—Target shooting	Page 157	20%
Scrimmage		80%
	LESSON 37	
Game 2—Placement kicking	Page 157	20%
Drill 36—Three man quick-break	Page 152	30%
Scrimmage		50%
	LESSON 38	
Drill 42—Position play	Page 156	40%
Scrimmage		60%
	LESSON 39	
Sole of foot tackle	Page 49	20%
Drill 41—Half field scrimmage	Page 155	20%
Scrimmage		60%
	LESSON 40	
Drill 29—Playing the ball	Page 149	20%
Scrimmage		80%
	LESSON 41	
Drill 1—Review long kicks	Page 139	20%
Scrimmage		80%
	LESSON 42	
Drill 3—First time kicks	Page 140	30%
Scrimmage		70%
	LESSON 43	
Drill 6—Center and shoot	Page 141	20%
Scrimmage		80%
	LESSON 44	
Game 17—Soccer volley ball	Page 162	50%
Scrimmage		50%
	LESSON 45	
Game 17—Soccer volley ball	Page 162	50%
Scrimmage		50%
	LESSON 46	
Drill 19—Three on two	Page 146	40%
Scrimmage		60%
	LESSON 47	
Drill 23—Trap scoring	Page 147	30%
Scrimmage		70%

		<i>Time Allotment</i>
	LESSON 48	
Drill 15—Pass scoring Scrimmage	Page 144	30% 70%
	LESSON 49	
Drill 29—Playing the ball Scrimmage	Page 149	20% 80%
	LESSON 50	
Game 17—Soccer volley ball Scrimmage	Page 162	50% 50%

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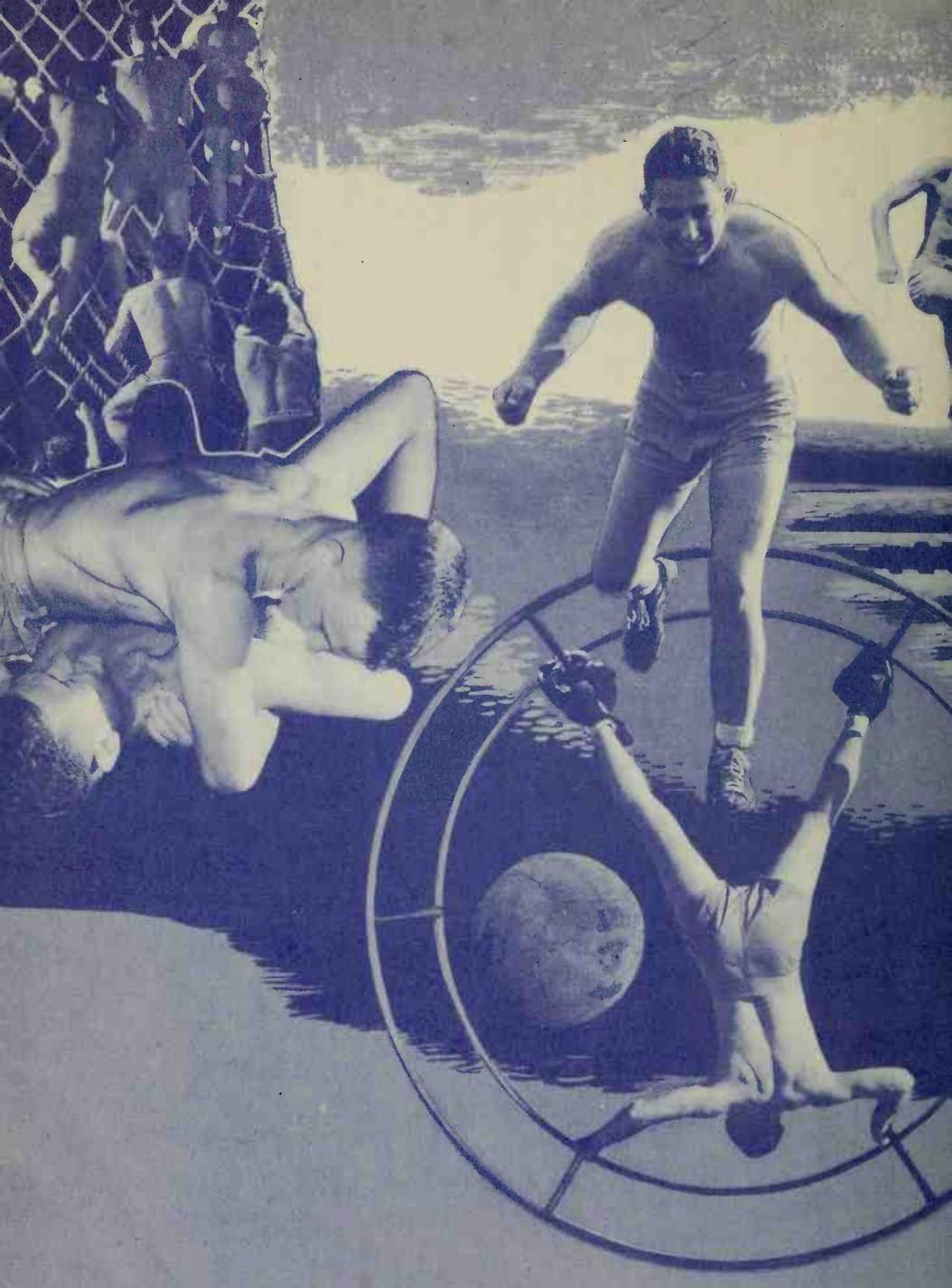
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